



Run to Remember

Community members lace up to show support for fallen Soldiers and their families

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Pack mentality

A local claims examiner offers tried-and-true tips for a painless PCS experience

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Firsthand history

A Holocaust survivor shares his story with the community

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Bavarian News

Vol. 7, Nr. 10 U.S. Army Garrisons Grafenwoehr, Hohenfels, Garmisch, Schweinfurt and Ansbach May 25, 2011

Hohenfels Soldier nabs prestigious award

Meegan is one of 28 junior officers nationwide to earn MacArthur Award

by Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Duty. Honor. Country. To the men and women serving in our armed forces, those words have a meaning far beyond what can be found in Webster's dictionary.

The MacArthur Leadership Award recognizes 28 company grade officers across the Army, National Guard and Army Reserves each year who epitomize these ideals, and 1st Lt. Daniel M. Meegan, Headquarters and Headquarters Company, 1st Battalion, 4th Infantry Regiment, earned that honor

for 2010.

Deployed with Delta Company to the Zabul Province of Afghanistan as a platoon leader in March 2010, Meegan took command of Combat Outpost Baylough with a company-sized unit comprised of U.S. and Romanian Soldiers, as well as Afghan National Security Forces.

"Given responsibility beyond his experience and rank, 1st Lt. Meegan excelled," said Col. John M. Spiszer, Joint Multinational Readiness Center commander. "Lt. Meegan superbly led a company's worth of U.S. joint multinational troops for six



First Lt. Daniel Meegan makes friends with an Afghan girl while deployed to the Zabul Province. Meegan was one of 28 company grade officers across the Army to be chosen for the Gen. MacArthur Leadership Award.

Photo by Staff Sgt. William Tremblay

months under Spartan conditions while in direct contact with the enemy and with little contact with his chain of command. His effectiveness was only possible through his leadership by example and

selfless concern for all soldiers and the mission, which quickly established the informal authority vital to leadership under these conditions."

"Not only was he able to go out there and take charge

and make things happen, but he did an outstanding job and brought the fight to the enemy. He was out there with his guys in every firefight ... leading from the front," said See MEEGAN, page 16

1-91 snipers take aim at bolstering partnerships

Story and photo by
Nathan Van Schaik
USAG Schweinfurt Public Affairs

HAMMELBURG, Germany — They are some of the most lethal Soldiers in the world. And they are woven of a tight-knit fabric unlike the rest of us. Their bond transcends nationality and knows no service branch, no language barrier, no particular army. At least that's the indication from the 12 German and five American snipers sharpening their skills together and trading best practices during a recent three-week sniper training course here.

The combined training, organized by both German and American Army officials, brings together the two groups at the infantry school, or Infanterieschule — the only one in all of Germany and located just 30 kilometers west of the U.S. Army garrison in Schweinfurt.

"A sniper is a sniper, no matter what army," said a German senior sniper instructor without cracking a smile. He spoke behind a 6-foot, 6-inch frame, dark shades and a waxed Rollie Fingers mustache and only wished to comment on condition of anonymity.

"The sniper community is very small, very tight-knit and we take pride in our skill identifier," said Sgt. Bryan Crowder, a visiting instructor from Fort Benning's acclaimed sniper school. "We're smaller than the Ranger community."

In the German military, the standards are just as rigorous. The sniper school only accepts candidates who See SNIPERS, page 20

Sorting it out

Grafenwoehr Elementary students learn the ins and outs of recycling in Germany

Story and photos by
Molly Hayden
Staff Writer

STEINFELS, Germany — Leilani Castillo, 11, strained her neck to peer upward at the multitude of machines sorting a mix of plastic, glass, aluminum and everyday trash.

"So all of the plastic items are on the conveyer belt and a big magnetic machine pulls any metal cans they may have got mixed in there," explained Castillo. "Then whatever is left is sorted by the workers here."

Castillo, along with more than 40 additional students from Grafenwoehr Elementary School toured Bergler Sorting Plant, May 10, gaining a plethora of knowledge on the process of sorting recyclables.

For two hours, students stepped into a green think tank as they answered questions on the importance of recycling, how the process works and how compost soil is made.

The Bergler Sorting Plant sorts 4,500 tons of metal, plastics, wood and compostable items every month, including items from Main Post, Rose Barracks and the sur-



Fourth-grader Michael Clark tests the magnetic value of some recycled metal.

Related story: For more on Earth Day at Grafenwoehr, see pages 6-7.

rounding housing areas. All sorted items are packaged and sent to various companies for the final stage of recycling.

See RECYCLING, page 20



Fourth-grader Xander Mattkins inspects a large pile of presorted recyclable plastics during a field trip to the Bergler Sorting Plant.

Defender 6 sends New fiscal reality, same commitment to families

ARLINGTON, Va. — A fundamentally different fiscal reality. We will be hearing some variation of that phrase from Army leaders for a long time to come. The Army's budget is smaller than it has been in previous years, and it will get smaller still. However, a different fiscal reality does not change the reality of what we owe to Soldiers and families for their service and sacrifice. The Army's commitment to Soldiers and families remains as strong as ever.

For the last 18 months, the Installation Management Community has



comes, we are not trying to do more with less. We are working to make sure we can do the important things better.

been taking a hard look at the programs and services we provide, with an eye not only to costs but also to effectiveness. As the inevitable belt-tightening

One of our most important efforts has been to fully establish Survivor Outreach Services, to provide survivors with longer-term, expanded support and care after casualty assistance ends. SOS staff have made tremendous progress in a short time, receiving more than 24,000 cases from Casualty and Mortuary Affairs, and they continue to enhance services as more survivors provide feedback. This past year, SOS initiated a survivor vehicle decal program to ease installation access, established a Facebook page, See LYNCH, page 20

INSIDE

South of the border

A local correspondent relays his tales while searching for culinary and cinematic gold.

See page 13

One community

Today marks the opening of the tank trail between Main Post (Gate 4) and Rose Barracks (Gate 2) for POVs, allowing drivers to transit between Graf and Vilseck without leaving post. Drivers must have an I.D. card or installation pass to use the road, and are reminded to observe posted speed limits.

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Bavarian News

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If you have newsworthy ideas or stories to submit, coordinate with the managing editor at 475-7113, or e-mail jeremy.buddemeier@eur.army.mil. The editorial deadline for articles and announcements is noon on Tuesday, the week prior to the publication date. Publication dates can be found at www.milcom.de. The final decision on whether content will run rests with the managing editor.

All editorial content is the responsibility of the U.S. Army Garrison Grafenwoehr Public Affairs Office.

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The *Bavarian News* is published every two weeks by Werbeagentur und Verlag Roswitha Lehner, a private firm in no way connected with the U.S. Army under exclusive written contract with U.S. Army Garrison Grafenwoehr. The newspaper has a printed circulation of 9,000.

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Water Tower art by Dane Gray

Commander's Message



Summer season heats up at Graf

Gruess Gott! This Monday, May 30, as we have for the past 143 years, we will honor our service men and women who made the ultimate sacrifice serving our great nation during past conflicts, and those who have lost their lives supporting the current conflicts in Iraq and Afghanistan. Let us pay special tribute to the Soldiers we lost this past year. They served with distinction and honor and are heroes to us all.

As we remember them, let us offer a heartfelt 'thank you' for their sacrifice and the sacrifice of their families as well. They offered their sons and daughters, brothers, sisters, husbands, wives, mothers and fathers for our nation and for developing nations throughout the world. This does not go unnoticed by our nation, or by the people for whom our heroes shed their very lifeblood to protect and defend.

Let us remember this Memorial Day as you serve in your place of duty, near or far, that we will never forget their sacrifice or the sacrifices of those who have gone before them.

Happy 236th, Army

On June 14, 1775, the Continental Congress established our Army. In the 236 years since that day, our Army has proven itself on countless battlefields as liberty's best friend and oppression's worst foe.

Today's Army is the greatest land fighting force in the history of the world. Our Army is serving in more than 120 countries, conducting missions across the spectrum of conflict from humanitarian assistance to combat operations. While at war, we are continuing to change our Army to meet the needs of the current and future strategic environment.

Our Army is strong, and this strength comes from our greatest asset: the American Soldier, whose courage, compassion and determination have for generations been the bedrock upon which our victories have depended. In all that the Army has accomplished, and all that it will be called upon to do, the American Soldier remains the single most important factor

in our success.

We are proud of you, our Army family. Your courage, dedication and selfless service to the nation are the hallmarks of the U.S. Army. For details on our local celebration, see page 10.

Smooth move

Once again the big PCS season is upon us. Many of us fear and dread a PCS because it puts a lot of stress and strain on the family. However, it does not have to be stressful; all it takes is a little bit of planning to help you and your family get and stay organized throughout the process.

For example, taking pictures of your personal property is a great way to inventory and record the condition of your belongings all at once. Supervising and giving children a role to play while the movers are there can also reduce the stress of having to run from room to room.

Moving from place to place is one of the things that makes being a Soldier so unique, and it is also one of the things that makes being a Soldier so rewarding.

For more tips on how to have a smooth PCS move, check out the article on page 8.

Fun in the sun

In addition to the PCS season, summer in Bavaria is the perfect time to experience the great outdoors. Without question, summer is an enjoyable season and one that offers countless off-duty activities. However, with the additional activities comes additional risk of mishaps.

In fact, the time from Memorial Day weekend through Labor Day weekend is when the most mishaps and fatalities occur. During this time period last year, the Army unfortunately lost 40 of its finest to off-duty mishaps, and even more were injured, some seriously.

So it is important to remember that this

time to relax also requires our focused efforts to aggressively prevent senseless injuries and the loss of life. Smart decisions coupled with sound personal risk management can reduce mishaps and help keep us all safe this summer.

Almost every mishap is preventable if we make good decisions. A smart decision might be something as simple as deciding to stick to the rules, checking the weather, planning your vacation route, knowing when to say "knock it off" and bringing along a 'battle buddy' when you head out somewhere.

Vehicle and motorcycle operations always present a potential for serious or fatal mishaps. That's why attending mandatory safety training sessions, wearing seat belts and protective equipment, traveling at safe speeds, staying alert and avoiding distractions like cell phones should be our normal way of doing business. It also goes without saying that driving while impaired is never acceptable.

We must also embrace the idea that sports and recreational activities are for enjoyment. We should discourage "win at all cost" behaviors where people become over-aggressive or reckless in an effort to win. We see sports- and recreation-related injuries to Soldiers almost every day, and a number of these activities are risky enough without adding aggressive behavior.

Everyone is encouraged to have a fun summer, but in doing so, please remember that any loss of a life in a preventable off-duty mishap is unacceptable. As always, our goal is zero mishaps, which will take strong leadership, good decision making and each of us looking out for one another.

Once again, please exercise caution if you're PCSing or enjoying the great outdoors and thanks for making our community such a great place to live and work.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

Soldier gets hard labor for improper wear of medals

**By JMTC Office of the
Staff Judge Advocate**
News Release

At a special court-martial convened in Bamberg, Germany, April 13, Sgt. 1st Class William Gonzalez, 630th Military Police Company, was found guilty, contrary to his plea, of two specifications of Article 134, UCMJ, for unauthorized wear of the Combat Action Badge on Aug. 15, 2010, and for unauthorized wear of the ribbon representing the Bronze Star medal and the Purple Heart Medal, Sept. 24, 2010.

He was found not guilty, in accordance with his plea, of Article 107, UCMJ, for false official statement; and of Article 134, UCMJ, for unauthorized wear of the ribbon representing the Bronze Star Medal, the Purple Heart Medal, and the Meritorious Service Medal, Aug. 15, 2010; and not guilty of unauthorized wear of the Meritorious Service Medal and the Joint Service Commendation Medal, Sept. 24, 2010.

A military judge sentenced Gonzalez to be reprimanded, to be reduced to the grade of E-6, and to perform hard labor without confinement for a period of 60 days.

Indecent conduct

At a general court-martial convened in Bamberg, Germany, from April 20-22, Sgt. Mike D. Golden, 317th Maintenance Company, 391st Combat Sustainment Support Battalion, was found guilty, contrary his plea, of two specifications of Article 120, UCMJ, for indecent conduct.

He was found not guilty, in accordance with his plea, of five specifications of Article 120, UCMJ, for aggravated sexual assault, abusive sexual contact, and wrongful sexual contact; and not guilty of one specification of Article 128, UCMJ, for assault consummated by a battery.

An enlisted panel sentenced Golden to be reduced to the grade of E-3, to forfeit \$987 pay per month for two months, and to be restricted to the confines of his unit area for 60 days.

Desertion

At a special court-martial convened in Schweinfurt, Germany, April 26, Pvt. Diener Vasconcelos, 12th Chemical Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, was found guilty, in accordance with his plea, of one specification of a violation of Article 85, UCMJ, for desertion.

A military judge sentenced Vasconcelos to be confined for a period of six months and to be discharged from the service with a bad-conduct discharge.

Child pornography

At a general court-martial convened in Schweinfurt, Germany, April 27, Sgt. Daniel F. Williams, D Company, 9th Engineer Battalion, 172nd Infantry Brigade, was found guilty, in accordance with his plea, of one specification of Article 134, UCMJ, for wrongful possession of child pornography.

A military judge sentenced Williams to be reduced to the grade of E-1, to be confined for a period of 13 months, and to be discharged from the service with a bad-conduct discharge.

Charging Boar 2011



Photos by Christoph Koppers

GRAFENWOEHR, Germany — In the early morning hours of May 12, a "dirty" bomb shook the ground of the main parking lot at the Joint Multinational Training Center Headquarters Building. The detonation caused chaos with a portending threat: radiation being dispersed throughout the area. The scenario was part of this year's Charging Boar force protection exercise, which trains personnel on responding procedures, gear, and communication for emergency incidents.



3-minute activity relieves stress

The first activity in a seven-part series to help Soldiers become healthier and resilient. Each part contains an observation, activity and reflection.

By Denver Makle
JMTC Public Affairs

Try this exercise to reduce stress and get focused. You will need nothing extra — just yourself. You will feel calm and relaxed — just try it!

- 1) Get in a comfortable position seated or lying down
- 2) Place your right hand over your heart and left hand over your stomach
- 3) Breathe deeply inhaling and exhaling
- 4) Feel the expansion and contraction of your chest and stomach as you inhale and exhale

- 5) Repeat out loud or to yourself:
- 6) "Right here," "right now," "not this," "just that"
- 7) Keep repeating and focus on your breathing for three minutes.

The Soldier 360° Leader Comprehensive Fitness Course is a franchise that can be hosted in any community, Armywide. To replicate this program at your home station to help the Soldiers in your community establish better relationships with local service providers.

For more information on the course and other observations, activities and reflections, visit www.facebook.com/Soldier360.

SOLDIER 360°



Cork set for 2011 Military World Games

172nd Infantry Soldier will be sole Army Europe representative at upcoming competition in Brazil

Story and photo by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — Capt. Danielle Cork has a love affair with volleyball.

"It starts with a pass, the setter sets the ball, the hitter hits it — it's a lot of finesse," she said. "You have to have the right touch, the right fluid motion."

Cork went on to describe the athletic enterprise as the "ultimate team sport," comparing it to her current position in the Army as an adjunct general officer with Headquarters and Headquarters Company, 172nd Infantry Brigade.

"We're a team and if we have successes within our team, it's a success for everyone," said Cork. "Just like on the court."

It was perhaps this attitude that pushed Cork and her fellow teammates on the All-Army Women's Volleyball team to bring home the gold for the indoor competition at the 2011 Armed Forces Volleyball championships held at the Marine Corps Air Station in Cherry Point, N.C., April 6-15. The team was undefeated with a 6-0 record.

"We had a great team, we played well together," said Cork. "In the month we had to practice we scrimmaged almost every day."



Cork

and two years after joining the All-Army Women's Volleyball team, Cork's career as an Army athlete has spiked even further.

Through hard work and dedication to the sport, Cork will be Army Europe's sole representative heading to the 2011 Military World Games to play on the All-Armed Forces team.

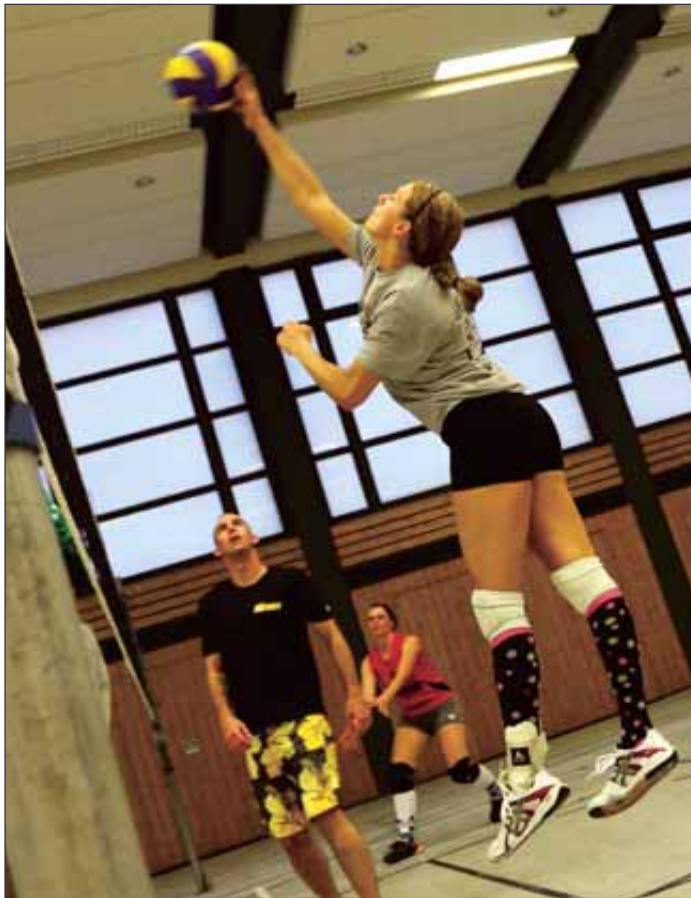
The 2011 Military World Games will take place in Rio de Janeiro, Brazil, the third week of July. The 5th Military World Games will host approximately 4,900 athletes from more than 100 countries competing in 24 sports.

For Cork, the competition will be tough. "We have about two weeks to practice together as a team," said Cork, who will play with many of her teammates for the first time during this event. "We're playing against teams whose job is to play volleyball and nothing else, and they play together year-round."

"But we are dedicated to the sport and to our team," added Cork. "I'm happy to represent the Army and I'm happy to represent Graf."

I think that was what helped us win. In order to be competitive you have to play together, drills can only take you so far."

Twelve years after starting her volleyball career, eight years after gaining a full scholarship to play for West Point Acad-



Capt. Danielle Cork spikes the ball during practice, May 18. Cork will represent U.S. Army Europe in the 2011 Military World Games in July as a member of the All-Armed Forces Volleyball Team.



City of Graf celebrates its 650th anniversary June 3-5

Staff report

Grafenwoehr's 650th anniversary celebration, June 3-5, has something to offer for everyone! Whether you're young or old, single or with a family, fun is on tap for this weekend. Local Grafenwoehr clubs will offer an international selection of food and beverages and various musicians will perform on four different stages. The artistic performances from different epochs and countries will ensure the entertainment stays lively throughout the weekend.

On Friday, June 3, the "cultural center" around Grafenwoehr's Stadthalle will turn into a party-mile. The Downlookers, a cult band, will open the festivities and play until about 10 p.m. At 11 p.m., the Antenne Bayern band will rock the crowd. Then DJ Mini will keep the party going until the early morning.

The entrance fee for this party of superlatives is 5 euros. Tickets are available online at www.oktickets.de, or at the following locations in Grafenwoehr: the bookstore "Im Buecherturm" next to the Grafenwoehr town hall, at the toy store "Spielwaren Gradl," Obere Torstr. 5, or at the "Reisewelt" Travel Agency, Pressather Str. 17.

On Saturday, June 4, fest operations start at 2 p.m., and at 10 a.m., Sunday, June 5. During the entire weekend, the different eras of history will be represented in the old town of Grafenwoehr, showing a cross-section of the 650-year history. Food and beverages from various countries will also be available.

A medieval camp with flags, wagons and Richtblock will be set up in the city park. The courtyard of the museum will become a stage for the Catholic theater group in Grafenwoehr, which will re-enact "How Grafenwoehr (perhaps became) a city" — a not quite seriously intentioned review. Also, an "artistic mile," where participation is encouraged, will be set up on Martin-Posser-Strasse.

For more information on the rest of the 650th anniversary celebration events, visit the garrison's website at www.grafenwoehr.army.mil/650.

Food, fun are the focus for Asian-Pacific celebration

Story and photo by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — With seashell necklaces, Filipino dancing, and kalua pork, Hohenfels' Asian-Pacific Heritage Month celebration felt a bit like an island luau.

Community members thronged to the Community Activities Center to experience a taste of Asian-Pacific culture not just through food, but also art, decorations, song and dance.

Asian-Pacific includes the entire Asian continent, as well as the Pacific islands of Melanesia, Micronesia and Polynesia. This celebration of Asians and Pacific Islanders in the United States occurs in May to commemorate the immigration of the first Japanese to the U.S. on May 7, 1843, and to mark the anniversary of the completion of the Transatlantic Railroad by a predominately Chinese immigrant workforce, May 10, 1869.

"This is really a cultural educational experience," said Master Sgt. Christopher T. Mulvihill, Joint Multinational Readiness Center Equal Opportunity Advisor. "The diversity that we have all across the Army is an amazing resource ... All the interesting and unique aspects that everybody brings to the table that really adds to our ability to accomplish the mission."

"My NCOIC is from the Philippines," said Capt. Steven Todd of Bavarian DENTAC. "I came down here to support him and learn a little about



David Nannie serves up some sushi to Daphne Nash at Hohenfels' Asian-Pacific Heritage Month celebration, May 11.

his culture. We're so diverse, it's important to recognize and represent everyone, so we can understand each other better."

Todd's NCO, Staff Sgt. Richard Sianoya, is also the 2007 Operation Rising Star winner, and he opened the ceremonies with a stirring rendition of the national anthem. Sianoya also performed during the food tasting, crooning down the aisles to the delight of the crowd.

Jean Sabal-Limos performed a traditional dance from the Mindanao region of the Philippines, in which the graceful arm motions and doll poses are meant to attract the eye of

the village sultan. Her daughter, Jem Limos, sang.

Sushi, eggrolls, shrimp and pork adobo graced the menu, all prepared by volunteers eager to share a small piece of their culture.

"As an immigrant from the Philippines, it is important for me to maintain and embrace my Asian heritage and culture," said Iris Lactawen Nannie, U.S. Army Garrison Hohenfels management analyst who provided haupia, a traditional Philippine dessert. Nannie emigrated from the Philippines when she was 3 years old.

"For many years, Asians were legally discriminated against and were

not able to become American citizens," she said. "We were considered permanent aliens. Because of the long and difficult struggle throughout American history of many Asians, this is my way of showing those that fought to achieve what we have today, a small token of my appreciation."

Guest Speaker Capt. Emma Parsons, U.S. Army Garrison Hohenfels Headquarters and Headquarters Company commander, spoke on the challenges of growing up with the stereotype of what an Asian-American woman is expected to do. Her mother had mapped out Parson's future for her, and it wasn't until her freshman year in college that she began to explore the possibilities open to her. At a friend's urging, Parson decided to join the Reserve Officers' Training Corps program.

"After signing up, it only took me a couple hours to start regretting my choice," she admitted. "I couldn't do one push up; I couldn't do the obstacle course."

With basic training behind her, Parson began to learn about leadership, and she knew she'd made the right choice. She said that through her military experience, she felt she had broken that Asian American stereotype that people like her parents have perpetuated.

"America represents the same choices for everyone," said Parson. "It doesn't matter what your background is — America offers choices to become what you want to be as long as you put your mind to it."

New physical therapy clinic in Hohenfels opens doors to public

By **Mark Iacampo**
USAG Hohenfels Public Affairs

HOHENFELS, Germany — The Hohenfels Health Clinic unveiled its new Physical Therapy center at a ribbon cutting ceremony, May 13.

Formerly an ambulance garage and once used for parties and potlucks, Building 15, located behind the main clinic and adjacent to the dental clinic, is now a state of the art rehabilitation center, featuring brand new equipment and the first permanent art display at Hohenfels.

"I remember when physical therapy (in Hohenfels) was just a small closet six years ago," said Col. Steven Brewster, commander of U.S. Army Medical Activity Bavaria.

"We could not handle the amount of patients we had," said Sandra Elliott, HHC physical therapist. "We ran into a couple periods where we had to bring out makeshift tables so we'd

have room."

"Our physical therapy clinic has more than doubled in size from its previous two locations," said Lt. Col. Gordon Mayes, U.S. Army Health Clinic Hohenfels commander. "We have a multitude of injuries that require Physical therapy, especially with these post-deployment folk that come back. If you don't have proper physical therapy ... it can hamper you very much later on in life or throughout your life."

"If we can get Soldiers back to their units and prevent them from leaving the Army because of injuries that they've sustained in combat or ... training, or through the rigorous day-in-day-out activities of army life, that is a great thing," said Brewster.

"And physical therapy clinics are key to that whole process," he added.

The new clinic has room for multiple patients to be treated simultaneously. Elliott said studies have shown that patients often respond

better when their therapy is a shared experience.

"We have a system set up now where most of our post-op patients come in at the same time, so Soldiers and family members who have gone through the same surgery can kind of share tips and their experience," she said.

Elliott helped design the layout of the new clinic, as well as determine what types of equipment to include.

"We're here to heal the warrior," she said. "I've always felt very strongly about physical therapy being more than just a place for people to come and work out. I want this to be a place of tranquility. I feel it's kind of a spiritual healing. That's why I think the art is an important element in that."

She also wanted the place to reflect the community. To this end she commissioned the Hohenfels Middle-High School art students to create art work based on the concept "on the

move." Students submitted artwork which was then voted upon by the participants themselves. The top 12 pieces now hang in the physical therapy clinic.

"I want the community to feel like this is their clinic, the kids as well as the adults. We do have high school students that are our patients. So now, they can come in and say, 'my artwork is up on the wall permanently at that physical therapy clinic,'" Elliott said.

When Elliott arrived here in July 2009, Hohenfels only had a physical therapist that visited on a rotating schedule across multiple bases. Scheduled to leave in a few short weeks, she is proud to leave her successor with a state of the art facility.

"I'm a little sad that I can't stay," she admitted, "but I feel like I've done what I came here to do. It's been a great opportunity and I know whoever takes over it next will make it their own."

Division re-enacts flag raising

By Jason Tudor

Marshall Center Public Affairs

OBERSALZBURG, Germany — Soldiers, veterans, and community leaders gathered here May 5 to commemorate the 66th anniversary of U.S. forces raising the American flag at this site and the eventual defeat of the Nazis.

Organized by the Society of the 3rd Infantry Division, the ceremony included Soldiers from the U.S. and German armies. It also drew local area leaders, Soldiers from the garrison in Schweinfurt and the American Consul General to Germany, Conrad Tribble.

Adolph Hitler seized Obersalzberg in the 1920s to use as a retreat. That included a large hotel and, later, several residences for Hitler’s staff such as Joseph Goebbels and Heinrich Himmler.

According to the society, the 3rd Infantry Division arrived before other units May 5, 1945, raised the flag then handed operations off to the 101st Airborne Division.

Retired Army Capt. Monika Stoy, event organizer and the society’s Europe chapter leader, talked to the 150 in attendance about the significance of the day.

“The flag raising here marked the very end of a long and bloody trail

that started in Morocco in 1942,” she said. “Today, we remember the brave men who brought freedom and peace with their blood, sweat and tears.”

Retired Army Lt. Gen. Keith W. Dayton, director of the George C. Marshall European Center for Security Studies in Garmisch-Partenkirchen, Germany, served with the division in the 1990s. He said the courage needed to reach Obersalzburg was astounding.

“They knew what awaited them, but they served with courage and distinction,” Dayton said, then talked about the veterans in attendance. “These vets we have today, part of the greatest generation, are an inspiration to those that followed.”

That included the loss of 25,977 fellow soldiers and 531 days of combat -- the most of any Army unit during the war. In that same period, the division had the most Medals of Honor recipients with 37, including Audie Murphy.

The ceremony included three World War II veterans present on the day of the event, Robert Dutil of California; John Miller of Michigan; and John Keller of Illinois. Miller arrived in Germany Feb. 9, 1945 as a “replacement” just after the division seized the Colmar Pocket in France. He said the day the flag was raised at Obersalzburg, the soldiers were given

three orders.

“We were told to go shave, wear a tie and bring our helmets,” he said. When he arrived, the Army shot a photo showing the American Soldiers raising the flag on a hill overlooking a valley, the hill now occupied by a five-star hotel and valley a home to a golf course. “I’m glad to represent the division today.”

Army Pfc. Gavin Grundmeier marched a folded American flag as part of the closing of the ceremony. Grundmeier admitted he gets his knowledge of World War II from the mini-series “Band of Brothers,” but his respect for what happened during WWII is “very real.”

“It’s a real honor to give back to them like they gave to us,” he said, speaking about the three veterans in attendance.

After the war, the Americans claimed the area. The U.S. Army claimed most of the buildings and land. Hotel Platterhof, a former Nazi resort, was renamed the General Walker Hotel in 1952 and used as an Armed Forces Recreation Center until 1995 and destroyed in 2000.

This isn’t the first memorial for the taking of Obersalzburg. The Society of the 3rd Infantry Division laid a plaque commemorating the event in 2008. Mr. Miller attended that ceremony.



Soldiers from the Headquarters and Headquarters Troop of the 1st Squadron, 91st Cavalry Regiment, take part in a simulated casualty situation during the recent Sky Soldier Competition at Schweinfurt’s Pfaendhausen Training Area. The 1-91st and their companions from the 173rd Airborne Brigade hosted the contest.

630th Military Police Company returns

Story and photo by Nathan Van Schaik

USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — The smoke machine was flipped to “on” and AC/DC’s classic “Thunderstruck” reverberated through the gym corridors and down the spines of those eager to see their Soldiers come home. Moments later, 43 Soldiers with the 630th Military Police Company, 3rd Platoon made their triumphant entrance before the vocal crowd, May 5, after a yearlong deployment to Afghanistan.

Children reunited with parents and Soldiers kissed their loved ones as garrison officials welcomed back the platoon. The platoon had most recently been attached to the Army’s 1/101 Brigade Combat Team in support of Operation Enduring Freedom.

“The thing I look forward to the most is for my husband to finally get a chance to see his son, Connor Arnold,” said Leanne Arnold, whose husband, Sgt. Brandon Arnold, is attached to the 3rd Platoon. Sgt. Arnold was on a mission and missed his son’s birth, Leanne said.

From combat patrols, reconnais-



Third Platoon’s Sgt. Brandon Arnold is welcomed home by his wife Leanne Arnold and their son, May 5. Forty-three Soldiers with the 630th Military Police Company’s 3rd Platoon returned to Schweinfurt after a yearlong deployment to Afghanistan.

sance and route security to training the Afghan National Police, the 3rd Platoon played a robust and varied role in Afghanistan, according to 1st Lt. Daniel Workmaster, commander for the 3rd Platoon. “We covered four districts in Afghanistan,” he said.

Earlier this year in Afghanistan, Soldiers with the 630th were involved in containing a bank heist that turned bloody in Jalalabad.

Soldiers with the 3rd Platoon — with the aid and guidance of the Schweinfurt garrison — now begin the process of reintegrating with their

family and community. Focus will be on physical, mental, emotional and spiritual aspects of well-being.

Afterward, the platoon begins community law enforcement retraining and recertification prior to going back on the road to patrol the streets of Schweinfurt, said 1st Lt. Maureen Stagney, commander of the 4th Platoon.

The 630th Company is headquartered out of Bamberg but the 3rd and 4th platoons each provide MP services here. Soldiers with these platoons live and work at Schweinfurt.

Survivor shares experiences from Holocaust

By John Reese

USAG Garmisch Public Affairs

GARMISCH, Germany — The Holocaust Days of Remembrance held at the Garmisch Community Library, May 5, was a firsthand account by a Polish survivor, a child then, as his family fled ever eastward while the German army advanced and Jews were either killed on the spot or relocated to concentration camps.

The event began with a Garmisch-centric view of the satellite camp of Dachau that was, according to local historian Jake Doherty, located on Artillery Kaserne. Doherty used his storytelling and technical skills to demonstrate how the Nazis came to power, initiated the Holocaust, and how it affected the local community.

“At one point a man who had nothing to offer — no food or water — reached outside of his barred window and simply placed his hands on the head of another prisoner standing outside in the freezing cold, sharing all that he had, the warmth of his body and a human touch, for a few moments,” said Doherty, sharing personal stories he’d collected from other survivors.

After Doherty spoke, he enabled a live video transmission from the Houston Holocaust Museum with Bill Orlin. The 79-year-old survivor told a gripping tale from watching the invaders burn down his home to the constant movement further and further east, eventually ending up in Kazakhstan.

“One person can make a difference, and even if only to one other person, it matters.”

Lt. Col. Avi Weiss
Chaplain, IMCOM Europe

Orlin spoke in clear and matter-of-fact tones, sometimes in English or Yiddish, occasionally spelling out names of towns and rivers he passed through, of his father being drafted into the Red Army, of his grandfather becoming separated and freezing to death, and how he and his surviving family were eventually reunited in Poland after the war.

“Ironically, I came back to serve

in the occupying forces after the war,” he said, noting he was drafted by the U.S. Army in 1953 after his family first migrated to Canada and then Texas, where he’s maintained residency for more than half a century. “I served as a translator.”

Guest speaker Chaplain (Lt. Col.) Avi Weiss, IMCOM Europe, was accompanied by his wife Elcya. The two spent a long day of travel from Heidelberg to Grafenwoehr where he spoke first, and then to Garmisch.

“Mr. Orlin told the story better than I could,” said Weiss, who delivered his prepared comments in a less formal discussion format with the participants. He finished with an inspirational message about how one person can make a difference, and even if only to one other person, it matters.

After the group discussion one of the participants from the George Marshall Center approached the couple and began a conversation in Polish.

The event could not have taken place without the support of librarian Ailien Patail, who provided everything necessary to make an environment conducive to learning about a time that must never be forgotten.

Sky Soldiers square off in Schweinfurt

34 teams scale nets, lug loaded sleds and drag the ‘wounded’ for local bragging rights

Story and photo by Charles Stadtlander

USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — The proud tradition and rigorous training of airborne troops sets them apart from other Soldiers in the Army, but how do these top-notch warriors determine which among their own ranks is the most capable?

The 173rd Airborne Brigade hosted a brigade-wide “Sky Soldier” competition over two days in early May to find out.

The contest, which pitted 34 four-Soldier teams against each other, was held in Schweinfurt’s Pfaendhausen Training Area, known locally as “Area Mike.” The Schweinfurt troopers of the 1st Squadron, 91st Cavalry Regiment, welcomed their brigade-mates from the garrisons in Bamberg and Vicenza, Italy.

Also throwing their berets into the ring were eight German soldiers and four airborne members of the Serbian army.

The full-scale production simulated a battle mission, as the competition was complete with a tactical operations center bustling with commanders and coordinating officers. The well-oiled machine started the night of May 3 with a mass arrival in Schweinfurt from both Germany and Italy.

Competitors then smoked through a physical fitness test and slept for four hours before beginning the showdown before dawn.

Camp Robertson — located in the heart of Pfaendhausen — is the nerve center of Schweinfurt’s Training and Support Command, and there the Sky Soldiers shimmied up ropes, down cargo nets, over elevated beams and across stretches of monkey bars during the timed confidence course section of the competition.

Outside the fence of Camp Robertson, the airborne Soldiers then moved on to Situational Training Ex-

- 1st place**
Attack Company from 1st Battalion, 503rd Infantry Regiment
- 2nd place**
A Company from 2nd Battalion, 503rd Infantry Regiment
- 3rd place**
Headquarters Battery from 4th Battalion, 319th Airborne Field Artillery Regiment

ercise lanes, designed to simulate the real-life demands of battle with mock injuries, lugging loaded sleds and mitigation of potential enemies.

After the relatively close comfort of the confidence course and STX lanes, the long haul portion of the contest took hold.

The quartets each strapped on a loaded rucksack and humped it for six miles from Camp Robertson to the Pfaendhausen range for the final test: a tiring “stress shoot.”

Sweaty and out of breath from the six mile slog, the Sky Soldiers had to drop their rucksacks and lug heavy five-gallon water cans for 300 feet. Then, two of the four Soldier teams simulated an incapacitating injury, requiring the remaining two healthy teammates to drag their wounded comrades 75 feet.

But the battle was not over. Lungs burning and head spinning, all four Soldiers then took up arms at the range and had eight magazines worth of ammunition to score center hits on a far-off target, taking special care to miss strategically placed balloons that take points off the total score when popped.

The cumulative scores from the timed confidence course, STX lanes, ruck march and stress shoot determined the winners, and despite the drive for victory within every Soldier there, not everyone would triumph.

Grafenwoehr Earth Day

May 12, 2011

Protecting Soil, Air and Water and Supporting the Training Mission

The Grafenwoehr Directorate of Public Works Environmental Division and the Operations and Maintenance Branch, The Bundesforst Grafenwoehr, The Joint Multinational Training Command (JMTc) Integrated Training Management (ITAM) office and local environmentally friendly firms and organizations introduced local Grafenwoehr residents and their children to the outstanding Earth-friendly programs available locally and sponsored by the U.S. military community, as well as those promoted by their German neighbours in the surrounding Grafenwoehr area.

The Grafenwoehr Community Earth Day 2011 event was hosted by Col. Avnulus R. Smiley, the Grafenwoehr Community Commander.

Building a greener
Grafenwoehr



U.S. Army Grafenwoehr Directorate of Public Works,
Environmental Division



Grafenwoehr Community Kids make every day Earth Day!



Proper planning has potential to prevent PCS pain

Claims examiner gives her perspective on successful PCS moves

By **Lindsay Hunter**
USAG Ansbach

ANSBACH, Germany — I have been a claims examiner for seven months and have assisted hundreds of Soldiers and their families with household goods claims. After seeing many successful claims and some not-so-successful claims, I have learned a few tricks of the trade, and would like to pass them on.

First and foremost, pack small, expensive items in your carry-on luggage. Next, check to see if you are covered for the property value.

The maximum amount paid by the Army for a typical move is \$40,000. The moving company's limit is \$50,000 or \$4 per pound, with a minimum of \$5,000. If this coverage is not enough, talk to your renter's or homeowner's insurance company about their limits and getting the necessary coverage.

If you own a large number of valuable small items, like DVDs or video games, you may want to split them between your shipments, because there are maximum amounts that the Army will pay for various categories of property included in one shipment.

Purchase receipts or other papers that document type and value of property should not be shipped by your movers. You can pack those documents in your suitcase, mail copies to friends or family, scan to your computer, or e-mail to yourself.

Preparing for your move

Before the movers arrive, take photos of the contents each room, closet and bookcase in your home. If anything, or everything, you own goes missing, those photos will help remind you and the moving com-

pany of what you own and provide visual information on the condition of the items. Making a video of your property may be equally helpful. Describe the items while you film them. For example, if a box of "clothes" goes missing, you need to know and prove how many T-shirts you owned.

Walk around your place and make a list of all your high-value items. A good rule of thumb is that anything worth over \$100, not including big and bulky furniture, is a high-value item. Examples include your laptop, TV, computer, surround sound system, video game system, jewelry, chandeliers and paintings.

Be specific on your list. Do not write "jewelry"; write down exactly what you have, including model numbers, serial numbers and the approximate value. For example: three-karat diamond ring worth \$3,000 or Magnavox seven-speaker surround sound system including Blue Ray player, model number PH2940, serial number GH324953, worth approximately \$800.

Have everyone in your family make a list of what would really bother them if it was damaged, destroyed or disappeared — called your "Special Item List."

For those items, pack as many of them as possible into your suitcase, instead of having them shipped by the moving company. Share these lists with everyone in the family.

When the movers arrive

Designate one person in your family to be in charge, but have as many people as possible at your move. When the movers arrive, walk around with the mover-in-charge, pointing

out all high-value items. Have a copy of this list for the moving company. Make sure the High-Value Inventory List includes everything from your list and includes all details.

Watch the movers pack every item and speak up if something does not appear to be packed properly. Watch which items go into each box and double check the inventory descriptions for that box. If there are clothes and knick-knacks, make sure the inventory does not only list clothes for that box.

If you have a large number of CDs or DVDs, count them and make sure that the accurate count is listed on the inventory by the packing crew. For example, the inventory should say "130 DVDs" instead of "box of DVDs."

Review the pre-existing damage listed for each item — mostly furniture. The inventory will list "couch," followed by some numbers and letters. These numbers/letters indicate pre-existing damage and there is a key to explain what they mean at the top of the inventory.

If you do not agree with the pre-existing damage, speak up. Make the moving company show you the pre-existing damage listed.

If there are light scratches on the top of your kitchen table, and there are on most kitchen tables, make the movers write "light." If your table gets a new scratch during the moving process and the inventory lists that it had scratches using pre-assigned numbers, then you might not be able to be compensated for the damage.

There are special arrangements



that must be made if you are moving a plasma TV. Stop by and get a flyer on this from the claims office.

When the movers are done packing everything, you will sign the inventory. First, review the inventory in detail and make sure that it identifies all of the items packed and that all of the pre-existing damage listed is accurate.

Keep a copy of the inventory in a safe place — not packed and shipped with your household goods.

At delivery

When your goods arrive at your new duty station, have your inventory list ready. Also have a few blank pieces of paper for note taking. Check off each item as the movers bring it into the house. You should know immediately if any boxes or individual items are missing. Make a note of those.

Next, have the movers unpack all of your high value items. Inspect those items carefully to make sure that they are not damaged. If possible, plug in all of your electronic items. If it's a cold day, you might have to wait to plug in the electronic items so as to not cause damage.

If the movers are not unpacking all your items, then have them unpack any box that appears to have been crushed, wet, formerly wet but now dry, or damaged in any other way. Check the contents thoroughly.

When the movers are done unpacking everything, you will have to sign a damage report form. Before you sign, list any missing or damaged items.

Some movers will tell you that you will have to file a claim for these items and that you do not list them now. This is wrong and you need to list the items on that form. If the movers will not let you list the missing or damaged items, do not sign it.

Reporting damages

You have 70 days to determine if you have additional lost or damaged items. Stop by your local claims office with all of the documents from the moving company such as your damage report form and packing inventory to learn how to file your claim.

Editor's Note: Lindsay Hunter is a claims examiner for U.S. Army Garrison Ansbach.

Comedians deliver jokes and more to local Soldiers and families

Story and photo by
Mark Iacampo

USAG Hohenfels Public Affairs

HOHENFELS, Germany — A quintet of comedians cracked up the crowd during the "No Laugh Track Required IV" tour at the Zone, May 14.

The "fourth time's the charm" show featured some of the hottest rising stars on the comedy scene, veterans not only of the stage, but of film and television as well.

The lineup included Heather Marie Zagone, Justin Wade, Rosie Tran, Johnny Cardinale, and Todd Rexx.

"This was funny all the way through, and I laughed through every single person," said Sgt. Bailey Olen, Headquarters and Headquarters Company, 1st Battalion, 4th Infantry Regiment. "I thought, these guys aren't going to be able to follow up after each one, but it was like nonstop laughter."

Zagone, comedian and actress who has appeared on "Weeds" and "CSI," produces the show and is on her fourth tour in five months. She started the program in honor of her

cousin, who is currently serving in Iraq.

Zagone said she's impressed by the sacrifice of those serving in the armed forces.

"To make that decision, to give up the next six years of your life, to see your family for one week a year — my hat's off to them. This is about letting them know we still appreciate them," she said.

Cardinale is also no stranger to performing for the military. On his fifth tour for the Army he has performed in Japan, Korea, Africa and the Middle East. He said it is the feeling of being part of "one big family" that keeps bringing him back.

"At a comedy club there's just a bunch of random people that don't know each other and don't have anything perhaps in common," he said. "In (a military show) everybody sort of knows each other, they're all in the same boat together. It's this big 'you're all in it together.' It's really an amazing feeling."

Writer, actress and comedian Tran recently performed at shows in Iraq and Kuwait. She said right before she left Los Angeles, a Soldier ap-

proached her after a show to praise the entertainers that visit the troops.

"He was sent on some kind of recon mission where he was isolated for three months, and the last thing he did on base was go to the comedy show," she said.

The Soldier told Tran that in his darkest moments, he would close his eyes and remember the show.

"He said 'that comedian's jokes kept me alive.' You never know whose life you're going to affect."

"These guys get off of 15 hour shifts, doing really terrible things and they need to laugh," Cardinale said. "You see them afterward, you hear some of their stories and they tell you, 'hey man, I haven't laughed in three months.' That's why we do it."

But they were funny, and the crowd did everything but roll in the aisles. From Wade's imitation of Rocky Balboa doing the 'angry man dance' from "Footloose," Rexx's observations on the vagaries of married sex, Cardinale's impromptu song lyrics, and Zagone's anecdotes of her travels through Afghanistan, each comedian left the audience in stitches.

"It got ridiculously funny," said

Spc. Kristopher Janke, HHC 1-4th Inf. Regt.

"It's just nice to bring a taste of back home for everyone," said Zagone. "People forget that the families of the military as well, they need relief just as much as the military guys and girls."

"It takes a lot of guts," Zagone said of those who serve their country. "You talk to a lot of people ... who say 'I could never do the military,' and you meet all these people who are just like 'no problem, let's get out there, let's do it.' Like Pat Tillman, you know, gave up his NFL career to go join the Army Rangers. There really are good Americans out there; I don't care what anybody says. America's an amazing country."

As appreciative of the comedians were of their audience's sacrifice, the feeling was reciprocated.

"It's refreshing to have something like this on base, especially for the single Soldiers in the barracks to be able to walk out and come out to the Zone and actually utilize the utilities that are here on base. It's awesome. And to laugh like this, what a great way to spend a night," said Janke.



Johnny Cardinale gives his impersonation of an angry Italian at the "No Laugh Track Required IV" show at Hohenfels' Zone, May 14.

Elmo, a busy Garmisch Army Community Service volunteer, donned denim, April 27, to take a stand against sexual assault on National Denim Day.



USAG Garmisch discovering Elmo's world

Story and photo by
Daniela Moten

USAG Garmisch Army Community Service

GARMISCH-PARTENKIRCHEN — Since his arrival, the newest addition to the ACS family, Elmo of Sesame Street, has been very active in ACS programs.

Whether it was just advertising ACS events like the community baby shower, co-hosting a briefings, or helping to teach a child abuse class, Elmo has been a busy member of the team. He wore jeans to the office to

take a stand against sexual assault on National Denim Day, attended the spirit-filled National Prayer Luncheon, and was a popular highlight at the Asian-Pacific Heritage Month celebration.

Having Elmo as a volunteer member of the ACS staff has turned out to be a good idea according to director Doris Tyler.

"Elmo helps bridge generations and puts children visiting our offices at ease," she explained. "Since joining our team, he's become a familiar sight at our community events."

Elmo accepted an invitation to

deputy garrison manager Thomas Hays' home and came back after a fun-filled stay dressed up in new apparel. Hays and his wife, Vicky, 'kilted' Elmo, making him an honorary member of Clan Hays.

From riding his little motorbike on sunny days to hanging out with good company and listening to interesting topics around post, Elmo is enjoying his time in Garmisch to the fullest.

If you happen to run into him, take your photo and post it on the USAG Garmisch Facebook page, and keep checking in on his latest adventures in the ACS hallways.

Soldier Show spectacular



Courtesy photo

OBERAMMERGAU, Germany — From a boardwalk to a fun house to a circus to a county fair to a time machine, Soldier-entertainers will take their guests on a song and dance tour of carnivals across America and beyond as the 2011 U.S. Army Soldier Show takes place here in the Ammergauer Haus, at 3 p.m., May 29. Admission is free on a first-come, first-seated basis. Tickets can be picked up at Garmisch Outdoor Recreation on Artillery Kaserne. Call DSN 440-2638, CIV 08821-750-2638.

Ana Montes was a senior U.S. intelligence analyst, but it was apparent she disagreed with U.S. policies. She said she knew it was wrong, but she spied for Cuban intelligence because she felt U.S. Latin America policy was unjust. She gave Cuban officials information on Special Forces activities in Latin America and could have compromised the 2001 invasion of Afghanistan. Montes was sentenced to 25 years in prison and five years probation.

Sometimes it's the little things.

**SEE SOMETHING
SAY SOMETHING**
www.eur.army.mil/vigilance/IWATCH.htm

News is addictive. Subscribe to USAG Grafenwoehr's daily newsletter to get your fix. E-mail usag_gnews@eur.army.mil.



Photo by Jeremy S. Buddemeier

Alternative energy

GRAFENWOEHR, Germany — U.S. Army Garrison Grafenwoehr employees flash their pearly bikes as they pass Gate 6 on Main Post as part of National Bike to Work Day, May 20. Representatives from the Directorate of Public Works handed out prizes for participating cyclists, several of whom made the commute from as far as Weiden.

What's Happening

Garmisch Briefs

Munich/Third Reich

June 1 & 2: After an overview on Wednesday, 7 p.m., at the PLTCE Auditorium (Bldg. 253), on Thursday meet at the Bahnhof just prior to the 8 a.m. train to Munich where we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement.

This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day - wear comfortable shoes. Cost: \$35.

Vino Nella Valle

June 1: Come to a wine tasting seminar, sampling Italian wines, cheeses, and salamis. Let us do the driving!

We will drop you off at home with your purchases. VAT forms accepted. Meet at 5:30 p.m. Cost: \$10.

Conquer the Zugspitze

June 4-5: At 2,966 meters, Germany's highest peak is 2,200 meters higher than Garmisch!

Starting at the Partnachklamm, we hike up through the stunning Reintal Valley, staying the night at the Reintalangerhütte. Sunday morning we will be serenaded with Zither music and then we climb to the Zugspitzplatt glacier. Get a great lunch or scale the harrowing "klettersteig" to the cross. Cost: \$149.

Venice & Verona

June 10-12: On Saturday, visit Venice with its great art and architecture, pigeons in St. Mark's Square, gondolas, and good food. On Sunday, it is off to Verona and a tour of the Romeo and Juliet city with the great Roman Arena. Trip departs Friday, June 10, at 4:15 p.m. Cost: \$290.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV 08821-750-2638, or email us at Garmisch.FMWRodr@us.army.mil.

The Pete Burke Community Center also provides space available transportation to and from the opera house for those who just want the evening in Munich. Cost: \$12.

ACS gatherings

Monday

Gruess Gott Garmisch Group meets at 9:30 a.m. the first Monday of the month at the Pete Burke Center.

M.o.M's Group (Move on Monday): 10:15-11:45 a.m.

Money Mondays: 11:30 a.m.-1 p.m. the second Monday of the month

Tuesday

Playgroup: 10-11:30 a.m. at the Garmisch Chapel

Conversational German: 9:30-11 a.m.

Wednesday

Career Corner: 1-2:30 p.m. first Wednesday of the month

Thursday

Newcomers Community Services Briefing 8:30-11:30 a.m. the second Thursday of the month. Contact ACS to sign up by Tuesday prior to the briefing.

German Customs and Culture Class: 1-3:30 p.m. the second Thursday of the month. Contact ACS to sign up by Tuesday prior to the class.

Stress and Anger Management Class every second Thursday from noon-1 p.m.

Unless noted all ACS activities take place or meet at the Garmisch ACS Center (Artillery Kaserne, Bldg 203).

For more, contact your ACS staff at DSN 440-3777, CIV 08821-750-3777, or e-mail them at Garmisch.FMWRacs@eur.army.mil.

Graf/Rose Barracks Briefs

Luau

June 4: Join the community in celebrating Asian-Pacific American Heritage Month at a luau, June 4, from noon-5 p.m., at the Grafenwoehr Army Airfield (Hangar 2084). The event will include fire dancing, martial arts demonstrations, cultural displays and ono food samples. Contact Sgt. 1st Class Yolanda King at DSN 475-8038 or yolanda.m.king@us.army.mil by June 1 to RSVP.

Blackhawk Rendezvous

June 11: The Grafenwoehr military community is invited to attend the 172nd Separate Infantry Brigade's color casing ceremony on the Main Post parade field at 10 a.m. This important tradition marks their readiness for their upcoming deployment to Afghanistan. Following the ceremony, there will be an assort-

ment of food and fun activities and programs around the Main Post Fitness Center, including: children's activities and adult sporting events kick off, 10:30 a.m.; Pressath Marching Band, 11 a.m.; Eschenbach Band performance, 2 p.m.; awards ceremony / keg-tapping ceremony, 5 p.m.; and the bonfire, 7 p.m.

236th Army Birthday

June 14: USAG Grafenwoehr and JMTC will host a 236th Birthday celebration at noon in the Main Post Dining Facility, Bldg. 101. The event is open to the community, and the birthday cake will be distributed to all Soldiers, family members and civilians present.

The DFAC will be open for lunch from 11:30 a.m. to 1 p.m. and features lobster tail, steak, shrimp, chicken, BBQ ribs, turkey and other selections.

The cost for lunch that day will be \$5.95 for spouses and dependents of specialists and below and \$7 for all others.

Spiritual Breakfast

U.S. Army Europe will host a Spiritual Fitness Breakfast in honor of the Army's 236th birthday, June 9, from 7-8:30 a.m., at the Casablanca Room in Bldg. 31 on Campbell Barracks in Heidelberg.

This special event is a celebration of the spirit and soul of our Army. There is no cost, but voluntary donations will be accepted at the door.

Reservations are required. Call the USAREUR Chaplain's Office at DSN 730-7385 or e-mail Jennifer.Goltz1@eur.army.mil.

Auto advisory

German motor club ADAC reports motorists in the Czech Republic should beware of Eastern European gangs trying to scam foreigners along the highways. The incidents have a common pattern: the crooks generally in big, dark sedans follow cars with German license plates and signal the driver to stop with hand gestures, flashing of lights or by raising a gas canister. They demand financial assistance for their families from the occupants of the stopped car or by trying to sell them fake jewelry. If the victims give too little cash or no money at all, the begging often turns into a robbery.

According to the German Embassy in Prague, these incidents often take place on the D5 highway between the border crossing

at Waidhaus and Prague, as well as on all routes around the Czech capital. Drivers who get into such situations should definitely not stop but simply drive on.

Community newsletter

Want up-to-date information delivered to your inbox? Subscribe to the community newsletter today!

E-mail the USAG Grafenwoehr Public Affairs Office at usaggnews@eur.army.mil to be added to the list.

Hohenfels Briefs

Combatives

June 24-25: All Soldiers assigned to U.S. Army units in Bavaria are encouraged to register and compete in the 2011 Bavarian Open Combatives Competition sponsored by the Hohenfels Military Community June 24-25. Registration must be completed and sent to james.n.boston@eur.army.mil no later than June 21. Find the required forms on the JMRC Facebook page or <http://tinyurl.com/394xqt9> and sign up today.

Newcomers' orientation

May 18-20: This is the place to be if you're new to post. Hallo Hohenfels is a dazzling three-day event packed with the exact information you need upon arrival. It's also a direct hands-on introduction to the local German economy. You will explore local communities including a local bakery and butcher shop, visit Mobelhof, a huge home decorating store, and travel to a mall in Regensburg. Find out how Hohenfels works without doing everything yourself and make some new friends at the same time. Hallo Hohenfels begins at ACS, Bldg. 10 at 8:30 a.m. For more, call Kurt Rager, Relocation Program manager, at DSN 466-3403.

Resiliency training

May 19: Resiliency Training is a vibrant part of Comprehensive Soldier Fitness. This innovative six-week program provides cutting edge concepts and ideas to allow both Soldiers and spouses to respond to and bounce back from the unique and demanding challenges of today's Army. This is the emotional and psychological ammunition you've been hoping for. Get all the information from 9 a.m.-noon at ACS, Bldg. 10. For more, call Trish Scott, Family Advocacy Program

specialist, at DSN 466-4908.

Mammograms

May 19-20: If you are 40 and older or if you have a history of breast cancer you may need a mammogram. May 19 and 20 the Health Clinic will have a mobile mammogram van on site to perform mammograms.

For questions or to sign up for your exam call Emily Rich at CIV 09472-83-3347

Memorial Day

May 26: The Hohenfels Military Community will be conducting a Memorial Day Ceremony in Remembrance of all brave Americans who have honorably served the United States of America.

The ceremony will take place on May 26 at 11:30 a.m., in front of Bldg. 1.

Golf tournament

June 3: Our second golf tournament of the year will be held at the Habsberg Golf Course. The registration deadline is May 31; only 18, four-person team slots available. The entry fee is \$75 (\$40 for club members); golf cart rental and green fees are included in the price. €12 lunch optional. The first 10 teams to register will receive a free hat clip with ball marker.

Check-in begins at 7 a.m. with an 8 a.m. shotgun start. Register on WebTrac, www.webtrac.mwr.army.mil, or e-mail Family and MWR Sports and Fitness at dlnmrhohenfelsports@eur.army.mil. Other upcoming golf tournament dates: Aug. 12 and Sept. 9.

Beginner kayaking

June 8 and 10-12: The first trip out on the water for the season is for beginner kayakers. Learn the rivers in the area, paddling and basic skills. Outdoor Recreation has all the equipment you need, transportation and experienced instructors.

Participants must stop by ODR on June 8th between 11 a.m. and 6 p.m. to be fitted with their equipment. The trip will take place June 10-12. The location will be determined depending on water levels. Call to reserve your space today at DSN 466-2060. Course Price: \$139 and includes rental, equipment, kayaking course and transportation not including the camping fees.

Coaches needed

Youth Sports is looking for volunteers to coach the following fall sports: Soccer, ages 3-15; Tackle football, ages 12-15; Flag

football, ages 6-12; cheerleading, ages 6-15; Bowling, ages 6-15.

To find out how to become a coach, call Parent Central Services located in Bldg. 10 at DSN 466-2080/2078 or CIV 09472-83-2080/2078.

Schweinfurt Briefs

Memorial Day

Schweinfurt VFW Post 10658 and the Schweinfurt VFW Ladies Auxiliary, in partnership with USAG Schweinfurt, will be hosting a ceremony to honor our fallen heroes, May 26, from 11:30 a.m.-8:30 p.m., at the Conn flag pole.

We will be joined by special guest speaker, U.S. Army/NATO Brigade Command Sgt. Maj. Mark K. Schindler, for the official ceremony and wreath laying. Immediately following the ceremony will be a free community BBQ at the Conn Club and a softball tournament.

Askren Clean Sweep

This surging community initiative gathers dedicated volunteers, Askren residents and otherwise, to meet at the commissary at 9 a.m., June 4, and spend an hour or two sprucing up Schweinfurt's largest housing area. Take pride in your community; join the movement.

SNAPS

Equipping newcomers with the knowledge they need to live comfortably and independently in Germany. This five-day course culminates in a cultural site-seeing tour. Presented June 6-10 at 9 a.m. each day. Preregistration required.

For info or to register, call ACS at DSN 354-6933, CIV 09721-96-6933.

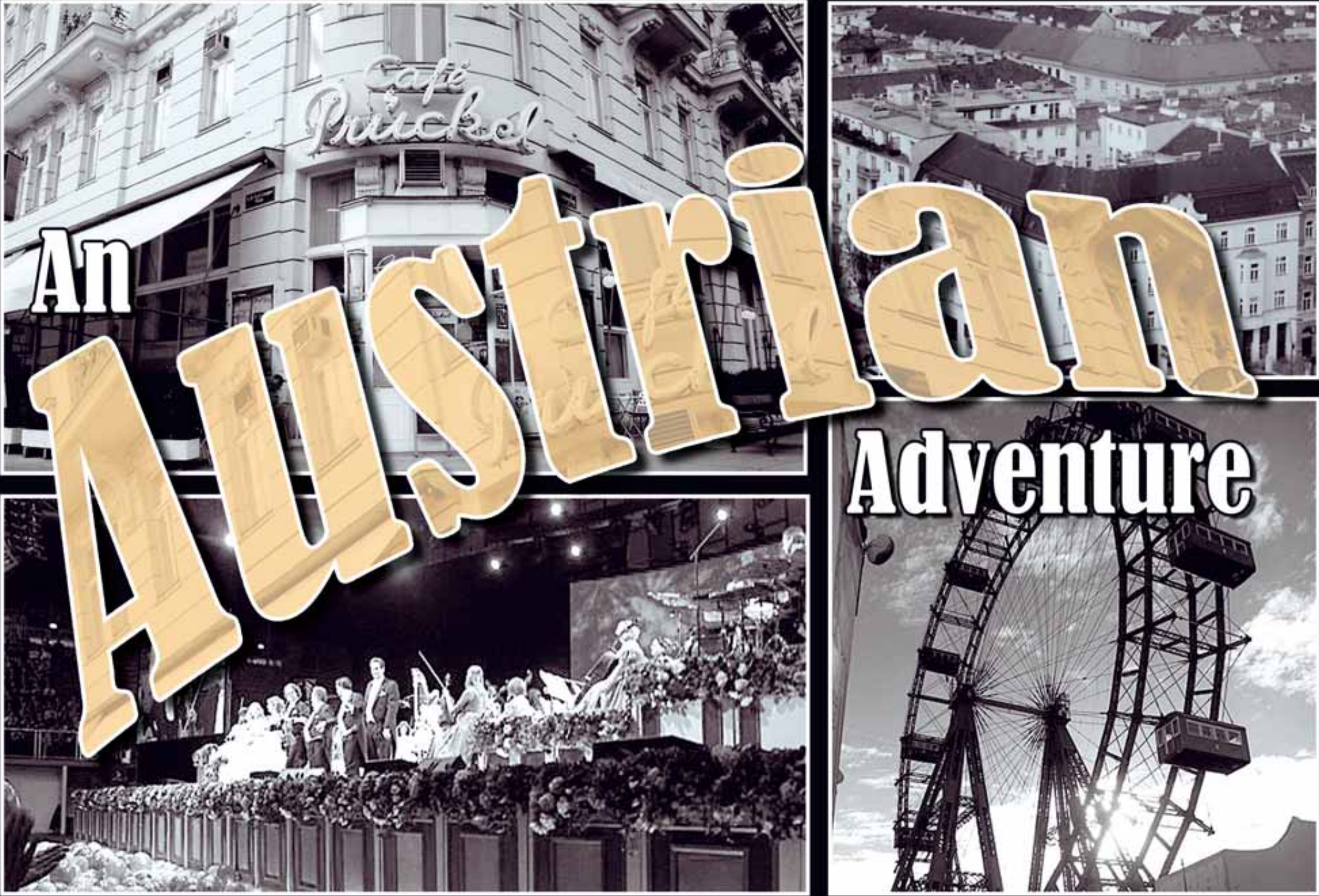
ASIST training

This training for the Applied Suicide Intervention Skills Training requires preregistration. The class is at the Conn Chapel on June 7 & 8. Contact Religious Services by Fri, June 3, at 09721-96-1370.

Blood drive

Sponsored by C Co., Warrior Transition Battalion-Europe Schweinfurt in partnership with the Armed Services Blood Program, this blood drive is June 7, from 9 a.m.-2:30 p.m. in the Finney Gym.

All blood collected stays in our community. Come out and save a life. For more call DSN 354-6217, CIV 09721-96-6217.



Clockwise from top left: A century-old coffeehouse on the Ringstrasse was remodeled in the 1950s and has been stuck in a time warp since. Photo by Oswald Haerdtl. Vienna at dusk as seen through the glass window of a Riesenrad car. Photo by John Reese. The Richard Strauss Orchestra performs its finale in Innsbruck as balloons fall and the band toasts the audience. Photo by Dawn Lyn. The famous Riesenrad, a landmark of Vienna, is best known through movies. Photo by John Reese.

Orchestrating the perfect weekend

by John Reese
U.S. Army Garrison
Garmisch Public Affairs

Traveling in Austria is much like traveling in Germany; if you already know your way around a bahnhof and can ask “Wo ist die toiletten, bitte?” then you’re ready to adventure in Oesterreich.

Romantic Innsbruck

The Richard Strauss Orchestra directed by famed Dutch conductor Andre Rieu is currently on its annual world tour, and tickets were secured for the performance at the Olympiahalle in Innsbruck. As the trip involved the Austrian rail system, it turned out to be difficult or impossible to buy tickets online at the Deutschebahn website or at the self-service machines in the newly remodeled Garmisch station. For trips within Germany, both online and lobby machines are user-friendly and can be accessed in English, and using them saves a few euros over a customer service rep. Instead, we visited the ticket window and using DB’s 25 percent-off second class discount cards we purchased tickets to Vienna with a 20-hour layover in Innsbruck, saving about \$60. The return trip wasn’t purchased then as we were considering an extra night in Vienna, which we did, leading to a significantly

higher purchase price, the cost of spontaneity. The ride between Garmisch and Innsbruck through the Alps is very scenic, with sweeping panoramas viewed from tracks precariously perched on the edge of steep cliffs. The hourlong trip is a rough train ride due to the pretzel twist turns leading up and over the mountains, but the view makes up for it. A brief walkabout the old town’s center took us to our romantic centuries-old four-star hotel where we got easy instructions to use Innsbruck’s public transportation to the concert. If you’re unfamiliar with Andre Rieu and his orchestra, they play a variety of classical and opera pieces mixed with contemporary musical pieces, and they employ so much humor that anyone will enjoy the show. Although chilly, the 40-minute walk back to the hotel after the concert was refreshing and gave us a look at Innsbruck after dark. Unlike Germany, smoking is permitted in bars and restaurants. The pubs had smoke thick enough to slice. **JetRail to Vienna** The next day the Austrian JetRail took us to Vienna. It takes about five hours on this express train to transit Austria west to east. The train was packed, making us glad to have paid a few extra euros for reserved seats. And, stops en route are conveniently announced

in English. A stop at the information booth at Vienna’s Westbahnhof got us a free city map, and under a light drizzle we walked a few blocks down busy Mariahilferstrasse to our inexpensive 1-star pension. The Hungarian night clerk spoke little German or English but quickly found our reservation. She led us up two flights of an ancient marble staircase allegedly climbed by Sigmund Freud to our modest room. Vienna is famous for international food and its namesake weinerschnitzel. We found Korean food. Over bulgogi we met a nice local who recommended a famous cafe she said would give us a true taste of Vienna that wasn’t touristy and had a no-smoking wing. The morning sun burned through an early mist and we purchased a two-day transit pass from an easy-to-use machine. Public transportation in Vienna is excellent and a cinch to navigate.

Honoring a folk hero

We’d come here to pay our respects for the 101st birthday of the late actor John Banner, AKA Luftwaffe Master Sgt. Hans Georg Schultz of “Hogan’s Heroes.” A native Viennese, Banner died suddenly on his 63rd birthday while visiting in 1973. Verboten in Germany and Austria when it first aired, the show recently became very popular here. Cemeteries aren’t tourist

destinations for normal people. The earth was spongy from rain, and when we found the right spot the grave appeared to have been recently refilled, with deep pockets of standing water and pine boughs piled atop. Strange by American traditions, Banner’s headstone was removed in 1988 and another person laid to rest in the same spot. According to Garmisch’s host nation liaison Andrea Winter, gravesites are usually rented, not purchased, and even when purchased it’s not unusual for a family to sell a grave after 25 years. It’s possible Banner’s remains are sharing the grave, or they were removed to a “bonehouse,” a place where the dead are still held in respect. There was supposed to be a placard indicating it was indeed Banner’s final resting place, but we found no sign. Banner served in the U.S. Army Air Corps during World War II. Present or not we lit a candle, and paid military respects. And then, having seen too many George Romero movies, we left the cemetery and headed to explore the giant Naschmarkt between Karlsplatz and Kettenbrueckengasse. **Tasty Viennese treats** The Naschmarkt is said to be a place where the world’s greatest chefs come to purchase their spices. The market also has a giant flea market on Saturdays, and we

saw items from mundane to bizarre under long stretches of tents, open tables, and sometimes just a seller’s pile of old junk unceremoniously on the asphalt. Free samples abounded for a wide variety of other foods from all corners of the Earth as the sellers hawked their wares. The rich aroma of brightly colored spices mixed with food stands made our mouths water. A hot chocolate stand warmed us up before we set off for the Prater, a large fairground home to the giant Ferris wheel seen in the classic Orson Welles film “The Third Man” and the not-so-classic James Bond film “The Living Daylights.” Most of the rides are closed in the winter, but the Wiener Riesenrad with passenger cars the size of RVs was making slow revolutions. The wheel was built in 1897, saved from demolition in 1916, wrecked by Allied bombing in 1944, and rebuilt in 1945. We took in the excellent view of Vienna from above before walking through Vienna’s central park to our cafe for schnitzel. For dessert we had Viennese coffee with Sachertorte, a very chocolate cake with apricot jam between the layers considered one of most famous local treats. The next morning we purchased return tickets at the Westbahnhof and headed back to Garmisch after an adventurous long weekend.



Summer marks the return of sunscreen

Skin cancer affects all ages, races

By Maj. Sunghun Cho
BMEDDAC Dermatology

VILSECK, Germany — Skin cancers are the most common type of cancers. One in five Americans will develop some form of skin cancer during their lifetime.

The majority of diagnosed skin cancers are nonmelanoma skin cancers. About 80 percent of these are basal cell carcinomas and the other 20 percent are squamous cell carcinomas. It is very rare for these skin cancers to spread to other parts of the body and cure rates of 95 percent can be achieved if detected early and treated promptly.

Although melanomas make up less than 5 percent of skin cancers overall, they are the most common form of cancer for young adults 25-29 years old and the second most common form of cancer for adolescents and young adults 15-29 years old. They are also the deadliest form of skin cancer. In 2010, 114,900 new cases and 8,700 deaths were attributed to melanomas in the United States.

All forms of skin cancer are highly treatable when caught early. You can play an active role in the detection of skin cancers by checking your birthday suit on your birthday. If you notice anything changing, growing or bleeding on your skin, talk to your health care provider.

Harmful rays of the sun include ultraviolet A and ultraviolet B rays. UVA rays cause premature aging such as wrinkling and age spots.



Strange spots and moles on skin should be checked out by a doctor. Skin cancer affects all ages and races but can be prevented with the use of sunscreen. It is easily treated if detected early.

This form of ultraviolet radiation can penetrate window glass, exposing you even when indoors or inside your car. UVB rays are the sun's burning rays. Although they are blocked by window glass, they are the primary cause of sunburn.

Both UVA and UVB rays are linked to the development of skin cancer. While there are nonmodifiable risk factors for skin cancers such as genetics and fair skin, the most preventive risk factor for skin cancer — exposure to ultraviolet light from the sun and indoor tanning devices — can be controlled. Seek shade when appropriate, especially between 10 a.m. and 4 p.m. when the sun's rays are strongest. Wear protective clothing such as a long-sleeved shirt, pants, a wide-brimmed hat and

sunglasses when possible. Apply sunscreen when going outdoors.

When choosing a sunscreen, you want a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor of at least 30. SPF refers to the product's ability to provide primarily UVB protection, which helps prevent sunburn. The higher the SPF, the more UVB protection, but the level of protection does not increase proportionately with the SPF value.

A SPF 30 blocks about 97 percent of UVB rays. Broad-spectrum provides protection from both UVA and UVB rays. Ingredients in sunscreen that provide broad-spectrum protection include titanium, zinc, avobenzone (Parsol 1789) and ecamsule (Mexoryl). Look for these in the list of ingredients.

Sunscreen should be applied to the skin 20 minutes before going outdoors. Coat all exposed skin liberally, paying particular attention to the face, ears, hands and arms, and rub it in thoroughly.

Most people apply only 20-50 percent of the recommended amount of sunscreen. One ounce, enough to fill a shot glass, is the typical amount of sunscreen needed to cover the exposed areas of the body evenly. Sunscreen should be reapplied at least every two hours or after swimming or perspiring heavily.

For more information about skin cancer, visit www.aad.org/skin-conditions/skin-cancer-detection or www.skincancer.org/Skin-Cancer-Facts.



By Lt. Col. Stephen Linck
BMEDDAC

Want your health-related question answered? Send an e-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of the *Bavarian News*.

Q: What is the ideal age for a woman to get pregnant? I realize it's "whenever she's ready," but in terms of your body being physically ready for the challenge of childbirth what age range would that be?



Linck

Thank you,
Childless in Cologne

A: Dear Childless,

A lot more goes into having children than just age. If you are ready, then it is time. From the wording in your message, I assume you are referring to the optimal age to have children. If you were to ask a provider, they would recommend getting pregnant for the first time between 25 and 30 years of age.

This is the ideal time for pregnancy, especially for women becoming pregnant for the first time. It is quite possible that women above 30 years of age might face some problems with fertility if they are getting pregnant for the first time.

Many women are considered a "high-risk pregnancy" if they are under 17 or older than 35. There are many things you can do to help prepare yourself. Most important are exercise and proper nutrition. I wish you good luck and good health.

Q: I found a body lotion that has SPF 15 in it. Is this the same as using a sunblock that has SPF 15 in it? I prefer the lotion because it isn't greasy and doesn't smell, but I want to make sure it's the same level of protection as something marketed as sunblock.

Respectfully,
Tanning in Tanzfleck

A: Dear Tanning,

It is really hard to tell without seeing the product information. I can say that SPF, or Sun Protection Factor, is a worldwide measure on how effective the protection is against UV rays. The SPF number multiplied by 10 indicates the number of minutes the protection will last.

For example, your SPF 15 lotion should protect you for 150 minutes. The American Academy of Dermatology recommends using lotion or sun block with at least SPF 15. So, in general, I say that your SPF 15 lotion is probably just as effective as a SPF 15 sunblock. Happy tanning.

Q: What's your thought on "mental health" days where people call in sick to work so they can recharge? Is this a medically viable excuse? Or are they just trying to get out of work and still get paid? There are some days when I want to recharge, but I would feel guilty taking sick leave.

Thanks,
Honest in Hohenfels

A: Dear Honest,

Since you are asking my opinion I can tell you I think it is a good idea. There are times when I just need a day to drink coffee and read a book outside in the morning. What is important is not to abuse sick leave. I think taking a day for yourself every six months to a year is a good idea.

I frequently tell my staff that they can't take care of others unless they take care of themselves. Sick leave is theirs to use and I don't question people's use of sick leave unless it impacts mission or is for an extended period of time.

I hope this helps, and I think it is fine to occasionally treat yourself.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.

Ombudsmen help with medical, military issues

By Jennifer Walsh Cary
BMEDDAC Public Affairs

VILSECK, Germany — Beneficiaries looking for assistance with medical-related problems should look no further than their local ombudsman.

"The ombudsman deals with patient complaints and grievances," said Edwin Carter, ombudsman for Grafenwoehr, Hohenfels and Vilseck communities. "We verify, clarify and resolve events that are a source of patient dissatisfaction."

Although the ombudsmen are able to assist all beneficiaries, they primarily work with Wounded Warriors and their families. For them, the services range from medical issues to military issues such as difficulty with appointments, pay problems, housing issues or orders.

For all other beneficiaries, the ombudsmen only handle medi-

Ombudsmen in Bavaria

Ansbach, Bamberg and Schweinfurt
Rodney Figueroa
DSN 354-6221 or CIV 0162-253-1314

Grafenwoehr, Hohenfels and Vilseck
Edwin Carter
DSN 476-3150 or
CIV 0152-0717-4244



cal-related problems that haven't been resolved through normal channels. Often these are complex or overwhelming issues such as physical disability processing or transitioning to the Veterans Administration.

"The ombudsman functions as an independent, neutral and impartial mediator for Soldiers and their families and not as a means to circumvent the Soldier's chain of command," he said.

The ombudsmen in the program are all well-versed on Army

medicine with most of them being retired senior noncommissioned officers, officers and civilian personnel who held medical jobs during their Army careers.

"I served in the U.S. Army from 1975 until 2002 and was a member of the Army Medical Department during this entire period of service," Carter said. "I was hired as an ombudsman in January 2011, but I have been a passionate advocate for Soldiers and their family members since I became an NCO in 1977."

Referral process changes

By Jennifer Walsh Cary
BMEDDAC Public Affairs

VILSECK, Germany — Effective immediately, beneficiaries who are referred to a host nation provider for care can expect a 10-day waiting period between the date of their referral and the date the authorization for care is available.

"Prior to us having a contractor, the clinics issued their own authorizations, which is why we could give patients an authorization immediately," said Phyllis Morris-Samuels, deputy chief of Medical Management. "We are now operating under managed care so the contractor has assumed responsibility for issuing authorizations."

International SOS, the managed care support contractor, issues the authorizations, which are crucial to having a successful routine specialty appointment at a host nation facility.

"If you don't have an authorization, a couple of things could happen," she said. "It could be that the doctor won't see you because you don't have an authorization or they do see you and you may have to pay a portion or all of the claim."

The 10-day waiting period ensures the Tri-care Referral Center receives the authorization and puts together a referral packet for the patient. The packet includes a copy of the refer-

ral, pertinent medical documentation, the authorization, an additional claims form in case the provider needs it and other information such as directions to the host nation facility.

"We want to ensure you are not making multiple trips back and forth looking for an authorization so the timeline for referral packet pick-up was extended to 10 days," Morris-Samuels said. "Now it's a one-time stop at your military treatment facility. You'll have everything you need to complete your network appointment."

Although 10 days may seem like a long wait, Morris-Samuels stressed that for routine specialty appointments the access to care standard is 28 days from the date of the referral.

This is also not unique to Europe.

"Other military treatment facilities in the U.S. have utilized a managed care support contractor for years. These facilities often have a seven- to 10-day wait for authorizations," she said. "We here in Europe have only recently obtained the service of a managed care support contractor and now our referral process will be much more similar to the one Soldiers and families experience back in the U.S."

Patients who have urgent medical needs will go through an expedited authorization process.

"If it is urgent specialty care, we aren't See REFERRALS, page 20

Dentists talk piercings and oral health

By Ralinda Eatherington and
Col. Theresa Gonzales
Bavaria DENTAC

GRAFENWOEHR, Germany — Let's chat about piercings and dental care. Like clothing and hairstyles, oral piercings give teens and adults a way to express themselves.

While trendy, this fashion statement poses a number of potential oral and overall health care risks. It's also important to note that oral piercings most commonly involve the tongue, and also the lips, cheeks or a combination of sites.

Oral piercings have been implicated in a number of adverse oral and systemic conditions. We, the dental health care team in Bavaria, would like you to understand that oral piercings can pose special challenges for you and for your dental health care team. While piercing the tongue, lip or cheek may be attractive to some, there are a number of health-related risks associated with oral piercing, including:

Infections. The wound created by piercing, the vast amount of bacteria in the mouth, and the introduction of additional bacteria from handling the jewelry all work to increase the risk of infections.

Transmission of diseases. Oral piercing is a potential risk factor for the transmission of See PIERCINGS, page 20

We're growing into the managed care concept ... with the goal of maintaining quality.

Phyllis Morris-Samuels
Deputy Chief Of Medical Management

TSAE brings live-fire training to Soldiers

Story and photo
by **Kat Watson**
Training Support Activity Europe

GRAFENWOEHR, Germany — Training Support Activity Europe’s Range and Training Land Program has a portable, state-of-the-art Deployable Range Package which includes target lifters, handheld Radio Control Units, tools and instructions to establish various train, to U.S. standards, training ranges in support of USAREUR based Soldiers and their Joint Multinational partners.

The equipment can be used to conduct individual and crew-served weapons and tactical vehicle gunnery training. The modular concept allows for a solution to be specifically tailored for each unit’s training requirements for out of sector training exercises, real world deployments or Home Station Training.

Armor and infantry targets, either moving or stationary, along with generators, batteries, hammers, nails, tape and other necessary ancillary range support equipment are included, and shipping can be coordinated for the units. Target lifters are operated using the handheld controllers that communicate by the use of radio frequency signals that operate up to a distance of 1.5 km. The handheld controller allows training scenarios to



Soldiers from the 172nd Infantry Brigade train using the Deployable Range Package in Romania, recently.

be designed and executed by trained operators according to unit requirements. Commanders responsible for conducting unit live-fire training are able to develop scenarios that use the accessible range space to its best advantage.

The DRP targetry may be divided among separate ranges allowing individual units to conduct their own mission-focused training.

Deployable targetry can be quick-

ly configured for shipment and easily installed at a remote location or local training area where targetry is limited or nonexistent.

The New Equipment Training maybe conducted either at the DRP warehouse, local training area or at the out of sector location by our highly trained personnel. Deployable targetry can be stored, stacked and transported in standard CONEX shipping containers to support deployed Sol-

diers with any live requirement and are capable of supporting numerous range types such as Modified Record Fire Ranges, Combat Pistol Qualification Course, Sniper Field Fire, Multipurpose Machinegun Range, and Heavy Brigade Combat Team and Stryker Brigade Combat Team.

Prior to the deployment, the requesting unit will need to coordinate with its supporting Regional Training Support Division/Training Support Center so that the preparation for a formal request for DRP support can be forwarded to TSAE Headquarters, Attn: RTLP Manager in the form of a memorandum for approval.

Procedures can be found at U.S. Army Europe (USAREUR) Sustainable Range Program site <https://srp.usareur.army.mil/SRPsite/rtlp/drp.aspx>.

For more information, call DSN 474-2088 / 2089, CIV 09641-454-2088 / 2089, or e-mail mail.tsae.drp@eur.army.mil.

TSAE’s key mission is to indentify, acquire, manage and sustain the necessary training resources required to support training needs and provide state-of-the-art training support throughout USAREUR’s area of responsibility.

Editor’s Note: Kat Watson is a DRP targetry equipment specialist for Training Support Activity Europe.

Community to celebrate Army’s birthday

Local celebration will be June 14, at noon, at the Main Post DFAC; see page 10 for details

By **Bruce Anderson**
U.S. Army Europe Public Affairs

HEIDELBERG, Germany — Through a weeklong celebration, U.S. Army Europe will be honoring the sacrifices Soldiers and their family members have made over the past 236 years defending our nation and preserving our way of life.

The festivities will begin June 9 with a prayer breakfast at 7 a.m. in the Casablanca Room on Heidelberg’s Campbell Barracks.

On June 10 there will be a four-player, team golf scramble at the Heidelberg Golf Course in Oftersheim, hosted by the Association of the United States Army, teeing off with a shotgun start at 8 a.m. Sign-in starts at 6:45 a.m. Participants must register by June 6.

The U.S. Army Garrison Baden-Wuerttemberg is sponsoring a free Army birthday 5-kilometer fun run and walk June 11. Registration starts at 8:30 a.m. at the Village Pavilion on Heidelberg’s Patrick Henry Village.

Highlighting the weeklong celebration will be USAREUR’s Army Birthday Ball, which begins June 11 at 6 p.m., and at the Village Pavilion on Patrick Henry Village. Tickets are on sale now.

On June 14, USAREUR will be serving birthday cake at 10 a.m. in the Keyes Building Conference Room on Campbell Barracks. This event will include a reading of the Army Birthday Children’s Book.

The USAREUR and IMCOM-Europe culinary arts team will be providing culinary arts demonstrations June 14, 16, and 17 at the commissary on PHV from 4 p.m. to 6:30 p.m.

Visit your garrison’s website and keep an eye on the USAREUR Facebook page for more information on the birthday events.

Graf designated as net zero pilot installation

By **Office of the Assistant Secretary of Defense Public Affairs**
News Release

The Army recently announced the locations identified to be pilot net zero installations. As part of the Army’s overall effort to conserve precious resources, net zero installations will consume only as much energy or water as they produce and eliminate solid waste to landfills.

The announcement initiates the programmatic environmental analysis and planning process for the Army’s Net Zero Installation Strategy.

Specifics for projects and initiatives will be determined through a programmatic environmental analysis, which will include public engagement and stakeholder outreach.

“The Army has identified six net zero pilot installations in each of the energy, water, and waste categories and two integrated installations striving towards net zero by 2020. This is a significant step in addressing the Army’s sustainability and energy security challenges,” said Katherine Hammack,

assistant secretary of the Army for installations, energy and environment, who made the announcement at the opening session of the annual Association of United States Army Installation Command Symposium.

A net zero energy installation produces as much energy on site as it uses, over the course of a year. The Army’s pilot net zero energy installations are: Fort Detrick, Md.; Fort Hunter Liggett, Calif.; Kwajalein Atoll, Republic of the Marshall Islands; Parks Reserve Forces Training Area, Calif.; Sierra Army Depot, Calif.; West Point, N.Y.

Additionally, the Oregon Army National Guard volunteered to pilot a unique and challenging Net Zero Energy Initiative, which includes all of their installations across the state. This strategy will be included in the environmental analysis.

A net zero water installation limits the consumption of freshwater resources and returns water back to the same watershed so as not to deplete the groundwater and surface water resources of that region in quantity and quality over the course of a year. The pilot net zero water installations

are: Aberdeen Proving Ground, Md.; Camp Rilea, Ore.; Fort Buchanan, Puerto Rico; Fort Riley, Kan.; Joint Base Lewis-McChord, Wash.; Tobyhanna Army Depot, Pa.

A net zero waste installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill over the course of a year. The Army’s pilot net zero waste installations are: U.S. Army Garrison, Grafenwoehr, Germany; Fort Detrick, Md.; Fort Hood, Texas; Fort Hunter Liggett, Calif.; Fort Polk, La.; Joint Base Lewis-McChord, Wash.

Two installations volunteered to be integrated net zero installations: Fort Bliss, Texas, and Fort Carson, Colo. A net zero installation is comprised of three interrelated components: net zero energy, net zero water and net zero waste.

“I am amazed at the progress Army installations have already made to reduce energy and water consumption as well as waste generation. We will all monitor the journey these installations embark on to reach the final net zero goal,” Hammack said.

Meegan excels in tasks beyond his experience, rank

Continued from page 1
Capt. Andrew C. Johannes, HHC 1-4th Inf. Regt. commander.

During the seven months he commanded at Baylough, Meegan planned and led his Soldiers on over 170 combat controls. More than 40 of his patrols came in direct combat action against the Taliban, all of them resulting in enemy killed, captured or wounded with no friendly losses.

While acknowledging a little luck and good grace, Meegan attributes this success to the rigorous training that prepared his Soldiers both mentally and physically to take the fight to the enemy.

“When (my men) fought the enemy, they knew they weren’t fighting somebody who was just there on a deployment. They knew they were fighting somebody who was there to win,” said Meegan.

“My duty to my Soldiers is to plan and prepare well enough so that ... when I send them on a mission or when I go on a mission with them, they’re prepared to accomplish it, they are ready to accomplish it, and I’ve mitigated or I’ve reconciled myself to the risks involved in it,” he said.

Meegan’s passion for excellence showed early in his career as he became the honor graduate of his basic training battalion and his Officer Candidate School class. As an officer, he also made the commandant’s list at Infantry Basic Officer Leader Course.

“All too often in the world in general, mediocrity is acceptable, and

Duty: You’ve got the mission ... but you have a duty to your Soldiers and a duty to your country. I joined the Army to serve my country, that’s the whole reason I’m here.

Honor: I wake up every morning and put on my country’s flag. I have to recognize that I can never do anything that would bring discredit upon myself, my family or my country.

Country: America ... symbolizes an idea that you can start out as a nobody and become somebody. You earn what you want in this country.

1st Lt. Daniel M. Meegan, HHC, 1-4th Infantry Regiment

it’s simply not in our career field,” Meegan said. “The American Soldier has one true purpose in life, and that purpose is to win at whatever task you’re given ... It could be anything from making sure the grass is mowed to fighting in combat. You do it right, you do it properly and you do it professionally, cause that’s the job we’re in.”

This attitude continually inspired the Soldiers under his command.

“He’s confident within himself, so it carries on throughout the platoon, to give us confidence to achieve what we need to,” said Spc. William Fellows, who served with Meegan in Afghanistan. “He knew we could get the job done, and we did.”

Meegan’s influence extended beyond even his Soldiers and his ANSF. He earned the respect and admiration of the local population through honest communication and hard work.

“They always knew that if they came to us they weren’t going to get a wishy-washy answer,” he said. “They may not agree with our answer, but they always knew they were going to get an honest answer.”

Working at the local level, Meegan

and his unit instituted “grassroots” programs to improve the quality of life for the local farmers. In an area where bulldozers couldn’t penetrate, they rebuilt roughly a mile of road with a “whole mess of shovels” and a lot of sweat.

“We instituted a volunteer program,” said Meegan, who explained to the Afghans that they would receive the benefit of the road. “If you show up and help us build this road ... we’ll feed you for the day.”

As Meegan labored alongside of his men, one of the tribal leaders told him that he never expected to see Americans out digging in the dirt with the Afghans.

“Well,” Meegan replied, “I told you I was going to do that.”

Currently, Meegan is the weapons platoon leader for the HHC, 1-4th Inf. Regt. His standard of excellence remains high.

“Oftentimes when your back here at the garrison and there’s downtime, usually the Soldiers, they take advantage of that,” said Johannes. “(Meegan) really wants to train his Soldiers, to utilize all the possible time available to train and to prepare

them to go downrange.”

“A lot of what we do is making sure my soldiers are exceptional,” Meegan said. He explained that while the 1-4th Inf. Regt. is no longer deploying, they are responsible for training the Soldiers who are.

“What they deserve is a world class OPFOR (opposing force) who’s going to go out and thrash them so that when they go out to wherever it is that they’re going ... they’re confident in their capabilities,” he said.

Meegan attended an award ceremony at the Pentagon May 18 where Gen. Martin E. Dempsey, Army chief of staff presented him with an engraved watch, a bronze bust of General MacArthur, and a commendation memorandum.

“Really to me, it symbolizes all the work that my Soldiers did, that my team did, that my platoon did,” said Meegan. “While I’m being recognized for it, I know it’s the work that they did, so it will be a constant reminder to me of the capability, the honesty and really the love that American Soldiers have for their job, for their country, and really for all of humanity.”

USAREUR launches @EURMama

By **U.S. Army Europe Public Affairs**
News Release

HEIDELBERG, Germany — “Coming to U.S. Army in Europe and want some info? Or, are you looking for tips on making the most of your European tour? Ask EURMama!”

That is what visitors to U.S. Army Europe’s new site on the social media platform Twitter will see right at the top. Visitors will also see a picture of EURMama, a fictional woman who could be from any of the countries in Europe where U.S. Army personnel are stationed.

“EURMama represents a welcoming and wise figure who will always have information and advice for those who need tips and facts about life in U.S. Army in Europe — whether they are on orders to a new assignment here, are new to the command, or have been here quite some time and have a question,” said Col. Bryan Hilferty, U.S. Army Europe’s public affairs chief.

To ask EURMama a question, pick up some tips, or give some of your own, EURMama says search for @EURMama on www.Twitter.com.

Local volunteers recognized for their service

Story and photo by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — U.S. Army Garrison Hohenfels paid tribute to its legion of volunteers with a recognition ceremony and luncheon in appreciation for another year of giving “from the heart.”

“Volunteers selflessly give their time to organizations and activities that possibly wouldn’t exist without them,” said Madelene Y. Celestine, Army Volunteer Corp program coordinator. “The ceremony is an opportunity for the entire community of Hohenfels to show our gratitude to our volunteers.”

There are currently 1,078 volunteers active within the Hohenfels Volunteer Management Information System, and these individuals worked a combined total of 21,482 hours during 2010.

“I think the number of volunteers that we have to recognize today is a reflection of your commitment to make this community the ‘great little place,’” said Lt. Col. Kevin J. Quarles, garrison commander.

“We would not be able to provide the amount of service with the frequency that we want without our volunteers,” he added. “You want to get it done, and you do it in such a phenomenal way.”

While all volunteers were honored with a certificate, those who served over 500 hours and those over 1000 hours received special commendations.

Lori Starnes works full time as the Family Readiness Support As-



U.S. Army Garrison Hohenfels recognizes its volunteers who cumulatively logged more than 21,000 hours in 2010.

sistant for JMRC, but logged another 835 hours as a volunteer.

“I think that volunteer service is the best thing you can do for your community,” she said, adding that she feels it is especially important within the close-knit atmosphere of the military. “I want my kids to be volunteers and give that back to the community, and so we raise them to it,” she said. “I can’t very well ask them to do it if I’m not willing to do it myself.”

Stephanie Headrick and Lauren Ruiz each volunteered over 1,000 hours. That’s roughly equivalent to six months at a 40-hour-per-week job.

“I’m new to being an Army wife, so I just wanted to dig in and learn more about it, and this is the best way

to learn what my husband does and what he does it for,” Ruiz said.

In a video address, Brig. Gen. Steven L. Salazar, commander of the 7th Army Joint Multinational Training Command, praised the commitment and motivation that inspires the volunteers.

“I’m really impressed and amazed by what you do as volunteers,” he said. “And you’re doing that on top of all the things we ask you to do as Army family members, which is really considerable.”

Sgt. 1st Class Michael D. Davis, JMRC Mustangs Brigade Observer Controller Team, was singled out by the Child, Youth and School Services for his extraordinary contribution to the sports and fitness programs. Davis said he was inspired by all the

mentors that he had as a young man in the Boy’s Club.

“I just wanted to carry that on to the other young men and young ladies,” he said.

Davis added that though this was his first volunteer recognition ceremony, he was impressed with how the community turned out to show their appreciation for all the hard work.

“I think it’s a great thing because it shows other people to come out and do the thing, and then actually start submitting their hours,” he said.

People are encouraged to sign up and log in their hours to allow the command to quantify the essential roles volunteers have in the community, said Celestine.

“With the current state of the economy, many key programs are cancelled. The Army Volunteer Corp. Program is vital to this community and by the volunteers logging their hours, you have the numbers to prove it,” she said.

Volunteers should visit www.myarmyonsource.com to create a password and login. From the volunteer tools tab a volunteer can view the 118 organization with volunteer opportunities. The opportunities are limitless and a volunteer can apply to as many organizations as desired.

Col. John M. Spiszer, JMRC commander, said he believed that the numbers logged into the system don’t accurately reflect the true impact of the volunteers on the Hohenfels community.

“I don’t think I know anybody on this post who doesn’t volunteer in some shape or form,” he said.

Giving back in Grafenwoehr



Photo by Amy Zink

GRAFENWOEHR, Germany — Vilseck High School students Andrew Zdeb and Kelsey Brewster add to the ambiance of the Forst Haus garden during the U.S. Army Garrison Grafenwoehr Volunteer Ceremony, May 6. Volunteers who donated more than 500 hours of their time to the community were honored by Brig. Gen. Steven Salazar, commanding general, Joint Multinational Training Command, and then treated to a reception at the Tower View Conference Center.

Community remembers fallen Soldiers with 5k run

Story and photos by
Cristina M. Piosa
USAG Grafenwoehr Army Community Service

VILSECK, Germany — A perfect spring Saturday morning on May 7 set the tone to the Army Community Service First Annual 5km Run/Walk to Remember.

Although more than 350 participants preregistered, approximately 1,000 people showed up and registered on the spot. Participating children received American flags, which they proudly waved throughout the route on Rose Barracks.

In addition, stickers with the Survivor Outreach Services logo were given out and allowed participants to fill in a name of a Soldier or unit for which they wanted to dedicate their run or walk to.

Community members wore T-Shirts with photos of fallen Soldiers, unit emblems and some brought company flags.

The number of participants reflected the diversity within the garrison. Soldiers, Airmen, family readiness groups, veterans, survivors of the fallen, family members, children of all ages, and even a variety of dogs made for a colorful crowd in front of



Survivor Joanne Valenzuela and her pet show some spirit during the Army Community Service 5K Run / Walk to Remember, May 7.

the Rose Barracks Calvary Chapel where the run/walk began and ended. Following the U.S. and German national anthems, Garrison Commander Col. Vann Smiley spoke to the crowd about the importance of the role that the community has in supporting the surviving families.

“The most striking thing about the event was the overwhelming turnout and support by all participants to the surviving friends and family mem-



Community members set the pace early near the starting line.

bers,” said SRA Joshua Cornell, 2nd Air Support Operations Squadron, who is stationed on Rose Barracks. “The Airmen of the 2ASOS live, train and fight alongside members of the 2SCR. The event definitely hit home for us due to our close relationship with the 2SCR both in garrison and in combat.”

The names of the fallen service members were displayed along the route and participants stopped to hon-

or those names with a military salute. The 5K Run/Walk to Remember was the first of its kind within the ACS and SOS programs and showed to be a great success, as well as an example for other installations in Europe.

“This event means a lot to many people, especially as our community prepares for redeployment and deployment,” said Patricia Mallard, ACS Survivor Outreach Services Liaison and Army Emergency Relief

Officer. “We need to keep in mind the sacrifices our Soldiers make each day and show support for their families no matter where they are located.”

The SOS program is receiving more visibility throughout the Army. The program commits to the families of fallen warriors by providing life time support, information and services to survivors.

The survivors will always have one point to contact on any Army installation to help them navigate through the myriad of services and benefits available.

“The great thing about the SOS program is that they are a program that exists when help is needed,” said Joanne Valenzuela, a survivor who participated in the event. “As a survivor, things come up at all different times after a spouse’s death regarding many topics. Knowing there is a program to turn to is a lifeline and provides a bit of peace to the survivor who is already trying to adapt to a ‘different life’ than what they have known.”

The event was organized by ACS’ Survivor Outreach Services, with collaboration from American Red Cross, USO, GCSC, VCSC, WTU, BMED-DAC, DPTMS and Exchange Auto Car Sales.

Spouses cook local dishes with Chef Sven

Story and photo by
Cristina M. Piosa
USAG Grafenwoehr Army Community Service

GRAFENWOEHR, Germany — Community spouses gathered in their Bavarian print aprons with big appetites for the German cooking class offered by Grafenwoehr Army Community Service, recently.

The menu of the day called for weiner schnitzel mit Bayrischem kartoffelsalat (Bavarian potato salad). ACS staff member Chef Sven demonstrated how to make the very traditional meal, which can seem intimidating for a non-German to prepare, in the hands-on cooking class.

In addition to the cooking demonstration, participants satisfied their appetites by savoring the Bavarian



meal which they helped prepare.

“The demand for a German cooking class was high among community spouses. This is a great opportunity to offer a unique class that allows spouses to learn, interact and have fun while increasing cross cultural adaptation techniques,” said Chef Sven. The sessions booked overnight

following community advertisement. The August and September sessions are also booked, however, there are still some slots available for the July 29 class.

For more information about upcoming Army Community Service events, call DSN 476-2650, CIV 09662-83-2650.

Spouses watch as Chef Sven demonstrates techniques for making local Bavarian favorites like weiner schnitzel and kartoffelsalat. Spots are still available for the July 29 class.



Photo by Cristina M. Piosa

Spouse appreciation

VILSECK, Germany — Tamara Smiley (far right), wife of the U.S. Army Garrison Grafenwoehr Garrison Commander Col. Vann Smiley, discusses the role spouses have in being pillars in strong Army families during a spouse appreciation event at Rose Barracks ACS, May 3. Spouses celebrated cultural diversity by preparing food from around the world, including South African pap and stew and French chouquettes.

Snipers bond with German comrades

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have passed a four-week course within their battalions, according to the school's commander, Capt. Falko Reisser. And even then, only about 30 to 50 percent of those graduate from the sniper school at Hammelburg, Reisser added.

The more narrow a shared skill, it seems, the stronger the bond that unites a group who possess it. So it comes as no surprise then that both German and American snipers treat each other as brothers. They can all nail a golf ball-size target between 500 and 1,000 meters, something few other Soldiers in either the U.S. Army or the Bundeswehr can claim to do.

The 17 snipers' work during the three-week course serves different immediate targets. For the Germans, all of whom are bound for Afghanistan, it is a predeployment refresher. For the Americans, it is an opportunity to sharpen their skills.

"The benefit is being able to shoot other weapons, and being able to shoot more," said Spc. Matthew Poletiek of C Troop, 1st Squadron, 91st Cavalry Regiment. "We get more training time here and pick up on different techniques."

Both German and American snipers share many practices, one of which is the two-man sniper teams dispatched by their various battalions. U.S. Army research indicates that sniper teams of two, as opposed to the traditional one-man team, are more likely to successfully engage their targets, according to Maj. Nathan Hurt, the American liaison between the U.S. Army and the school at Hammelburg.

There's the shooter, of course. And then there's the spotter who is typically the more experienced of the two, according to Crowder. The spotter, at arm's length from the shooter, provides detailed information on climate conditions, elevation, wind and data on previous engagement, or DOPE. Like a pilot and his co-pilot,



Spc. Scott Beavers of the 1-91 Cavalry Regiment, left, analyzes shots made by a German sniper team at the German infantry school, May 5. Twelve German and five American snipers have been sharpening their skills together and trading best practices during a three-week combined training event in Hammelburg.

the relationship between the two is a matter of life and death.

"You have to have the guy's dialect down because time is always going to be an issue," said Sgt. Shiloh Briggs with C Troop, 1-91. "You need someone who is intelligent and able to perform under pressure. The probability is that you have only one shot and the spotter has your life in his hands."

Beyond the tight relationships between shooter and spotter are those forged between Germans and Americans. The focus of the dual training has been at recognizing the overlap in similarities and closing the gap between the differences.

"The ultimate goal here is to create snipers who are capable of operating in a coalition environment with our allies," said Hurt. "The goal is interoperability."

Times have changed in the past several decades, explained Hurt. While both U.S. and German forces

had to be prepared to combat the Soviet threat in the past, now the two armies simply go on deployments together.

"We've learned that we have to rely on each other," Hurt said.

Given that the majority of what is taught at both German and American sniper schools is the same, the objective of the combined training is "to put everyone on the same page," Hurt said.

Differences, though slight, are in tactic and strategy.

"One of the differences is that Germans do a lot with calculations — wind, location, climate," said one of the German sniper instructors. "If a German sniper misses, he'll probably recalculate and shoot again. Americans, if they don't hit their target, they're more likely to pick up and change location."

Soldiers with the 2nd Battalion, 29th Infantry Regiment — the unit responsible for training infantry Sol-

diers at Fort Benning — have been participating in the combined training at Hammelburg for the past three years, said Crowder, C Company, 2-29th Inf. Regt., 197th Infantry.

"We've been trading information with each other on things like deployments, tactics and training procedures. It's working together. It's about knowing everyone's capabilities. We need to understand them and vice versa," Crowder said of the joint efforts.

Another divide between the two is in simple measurements.

"This training is great for us because everything is in metrics," said Sgt. Jonathan Holmes, a sniper school instructor at the U.S. Army Sniper School at Fort Benning. "We work in standard measurements but the U.S. Army is shifting over to metrics with its new sniper rifle, the XM 2010."

The combined training has created lasting effects. An example of the exchange came last year when the German army, after having witnessed the efficacy within the U.S. Army ranks, decided to incorporate a long-range marksman into their own infantry units — a concept the Americans have been using for years, Hurt said. A long-range marksman is expected to be able to track and engage a target within 300 to 600 meters while snipers train at ranges between 500 to 1,000 meters.

Among these Soldiers, identifying each other's differences and incorporating them into their game plan has been most beneficial in expanding their skills.

"I'm certain that the soldiers who attended this predeployment sniper course will take with them a few things that they learned from their counterparts during this training," said event organizer Mike Cormier, a partnership officer who for years has helped organize combined training between the Americans and Germans. "Learning from each other is, I think, very important and benefits all."

Referrals change with the times

Continued from page 14
asking you to wait 10 days," she said. "The Tricare Referral Center will work with the referring provider, consulting provider and ISOS to get that patient in with an authorization as soon as possible."

Once patients have their authorization in hand, they can schedule their host nation appointment in one of three ways.

"The preferred way is that the patient calls and makes their appointment," Morris-Samuels said. "If you can't make the appointment because of a language barrier then ISOS can assist. And of course, your clinic's Tricare Referral Center is available to assist as well."

In the event of a medical emergency, which is defined as threat to life, limb or eyesight, patients should go directly to a host nation emergency room. The patient should call ISOS or their local Tricare Referral Center to have an authorization retroactively issued.

Overall, she said adjusting to the new process is about embracing change.

"In reality, it's about change. We're just going to have to realize that military health care is changing," Morris-Samuels said. "We're growing into the managed care concept of medicine with the goal of maintaining quality, cost-effective health care."

For more, contact your local Tricare Referral Center or International SOS toll-free at 0800-181-8505.

Recycling plant a hit for local children

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"With the metal, they melt all of it and then make new things out of it like silverware," said 10-year-old Sienna Hager. "And all the plastics are put into cubes, then they melt it and make new stuff like bottles and bags."

"Plastic can also be used for energy," piped in 10-year-old Xander Mattkins.

The sorting plant was large and contained everything that could be recycled, including the kitchen sink. Scrap metal, aluminum cans and numerous other materials were stacked sky high, waiting to be compacted, sorted, distributed and made into new products. Students learned firsthand the intense process of sorting and recycling and the negative impact that waste has on the natural environment.

The U.S. alone produces half of the world's garbage, including many items that could have been recycled, although it accounts for only six percent of the population.

"We're running out of landfills and space to put them," said 10-year-old Alex Vlad.

Vlad explained the importance of protecting the earth for future generations and said recycling was an easy task, yet had a significantly positive impact on the environment.

"Unless we start to colonize the moon, we aren't going anywhere," said Vlad. "We only have one planet and we need to take care of it."

Piercings require care

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herpes simplex virus and hepatitis B and C.

Endocarditis. Because of the wound created by the piercing, there's a chance that bacteria could enter the bloodstream and lead to the development of endocarditis — an inflammation of the heart or its valves — in certain people with underlying (and often undiagnosed and without symptoms) heart problems.

Nerve damage/prolonged bleeding. Numbness or loss of sensation at the site of the piercing or movement problems (for pierced tongues) can occur if nerves have been damaged. If blood vessels are punctured, prolonged bleeding can occur. Tongue swelling following piercing can be severe enough to block the airway and make breathing difficult.

Gum disease. People with oral piercings — especially long-stem tongue jewelry (barbells) — have a greater risk of gum disease than those without oral piercings. The jewelry can come into contact with gum tissue causing injury as well as a recession of the gum tissue, which can lead to loose teeth and tooth loss.

Damage to teeth. Teeth that come into contact with mouth jewelry can chip or crack. One study in a dental journal reported that 47 percent of people wearing barbell tongue jewelry for four or more years had at least one chipped tooth.

Difficulties in daily oral functions. Tongue piercing can result in difficulty chewing and swallowing food and speaking clearly. This is because the jewelry stimulates an excessive production of saliva. Temporary or permanent drooling is another consequence of increased saliva production. Taste can also be altered.

Allergic reaction to metal. A hypersensitivity reaction — called allergic contact dermatitis — to the metal in the jewelry can occur in susceptible people.

Jewelry aspiration. Jewelry that becomes loose in the mouth can become a choking hazard and, if swallowed, can result in injury to the digestive track or lungs.

From an oral health care delivery standpoint, wearing jewelry inside your mouth or jewelry that sticks into your mouth can make X-rays less diagnostic as the X-rays cannot penetrate the metal jewelry. This makes it impossible to see what is behind the piece of jewelry. Your dentist, hygienist or X-ray technician will ask you to remove any jewelry that may cause interference with x-rays or treatment.

We would like you to remove all jewelry on your face or in your mouth prior to arriving at the dental clinic if possible. This will make your appointment go smoothly. If you are unable to remove the jewelry, we will work with you to reschedule an appointment to a time when you can remove it. If a piece of jewelry cannot be removed and dental treatment is needed, we will take all necessary steps to prevent injury to the pierced area. We use bite blocks, rubber dams (you know those little stretchy pieces of material that stretch across your mouth and isolate a tooth from the rest of your mouth) and other devices to prevent injuries to your mouth. These devices are not always comfortable for you but they are necessary to insure safety. Keeping you safe and in good dental health is our top priority.

We want you to be an active member of the dental care team and hope that this information on wearing jewelry on your face and inside your mouth will answer some questions that you may have. Our team of dental professionals is trying to provide you information you can use to make good treatment decisions for you and your family. If you have additional questions on this subject, please ask your dentist or hygienist.

Lynch outlines new plan in light of future budgets

Continued from page 1
and held the first annual SOS summit to address challenges survivors face.

Other efforts include:
*Transforming how Army Community Service delivers services, by cross-training more generalists to handle multiple programs and moving service locations out into communities.

*Adding 44 more Systems Navigators to Exceptional Family Member Programs at 26 installations, to assist families with special needs members in accessing educational, medical, housing and personnel services on and off post.

*Hiring more than 240 additional Army Substance Abuse Program counselors for installations worldwide.

*Launching the Confidential Alcohol Treatment and Education Pilot, a program which allows Soldiers to seek help for addiction without mandatory command involvement.

*Launching a pilot program in which Military Student Transition Consultants join school liaison officers in working with school districts, garrisons and families to help students succeed at their new schools.

*Revising the Total Army Sponsorship Program that helps prepare Soldiers, families and civilians for their new duty station.

*Reinvigorating the Army Family Action Plan process, with an analysis and review process that has reduced the backlog of active AFAP issues from 86 in February 2010 to 51 in February 2011.

This is a snapshot of what we have been doing to enhance support for Soldiers and families. It does not begin to convey the full scope of the programs and services installation management professionals provide every day, including housing, public

works, emergency services, environmental programs, recreation, child care, single Soldier programs and family programs.

When we look at some big indicators, we see evidence that the Army is meeting the needs of Soldiers and families. The Army is exceeding its recruitment and retention goals, and on the most recent Survey of Army families, the majority of spouses said they are satisfied with the Army as a way of life. This is significant after 10 years of ongoing conflict-it speaks to the dedication of Soldiers and their families and the Army's commitment to providing a quality of life commensurate with their service.

In the new fiscal reality, it will be more of a challenge for the Installation Management Community to provide the level of support we want to for our Soldiers and families, but we will.

We are finding better and smarter ways to provide services and programs by asking ourselves the same questions families ask when they look at their own budgets: do we really need it? Is it worth the cost? What are we willing to do without?

To answer these questions, we need to keep hearing from Soldiers and family members — through ICE and local AFAP summits, for example — about the specifics of what is working, what needs to be improved, and what is missing.

The commitment to supporting Soldiers and families remains as strong as ever, but more than ever, we have to make sure we are on target in meeting their needs.

*Lt. Gen. Rick Lynch
Commander, Installation
Management Command*



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